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# THE ECONOMY OF COOKERY.



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THE  
ECONOMY OF COOKERY.

FOR THE

MIDDLE CLASS, THE TRADESMAN,  
AND THE ARTISAN;

CONTAINING

THE MOST EASY, PRACTICAL, AND ECONOMICAL  
PREPARATIONS EVER YET INTRODUCED, TO COMPLETE  
THE DOMESTIC EDUCATION OF THE ENGLISH  
HOUSEWIFE AND THE COOK.

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BY  
VOLANT, AND WARREN, J. R.

MANY YEARS ASSISTANTS TO THE LATE

ALEXIS SOYER,  
AND COMPILERS OF HIS MEMOIRS.

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LONDON:  
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## INTRODUCTION.

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OUR title we intend to carry out in the clearest manner throughout this work; we not only mean that the uninitiated shall have an easy and practical method to follow, with the certainty of success, but that this little volume shall contain so complete a series of recipes for the middle classes, and the artisans' daily wants, that it may with confidence be recommended to the *living world*, as an indispensable item for the culinary nook of every home.

Here is the book; and we can assert that through its teaching, and in spite of any previous want of practice on the part of the intelligent housewife, she may become such an artiste, within the precincts of the family circle, that any guest, admitted to table, may fancy that an improver from the school of the immortal SOYER must have been at her elbow.

The same result will attend those who are, or may wish to be, in the profession; they will find the most welcome assistance, by closely following our instructions, as the composition of each of our recipes will give to the most ordinary dishes the nicest flavour, surprising even to those who may boast of knowing their business.

Self praise is said to be no recommendation, and true is the maxim; still our long study of cookery, in connection with the late ALEXIS SOYER, will, we trust, be taken as a guarantee of our competence to

produce a work of this character. At the same time, our comparisons of the various modes of concocting dishes with our own, as practised by the most popular culinary authors of the age, both English and Foreign, have stimulated us in our labour.

It may be said that the world is inundated with Cookery Books—admitted; still there is one great fact in favour of our production, and that fact is, the march of intellect and industry which is daily spreading. This reason, and this alone, causes “The Economy of Cookery” to be placed before the world; and truly may it be said, that cookery, like chemistry, is in its infancy, for out of the throng who profess themselves thorough cooks, how few are there who understand the first law of the art—namely, the chemistry, and proper manipulation of food? and how often is the ability of the “*chef de cuisine*” kept alive by the heavy pocket of his employer, when the true flavor and quality of his dishes should emanate from the brain, rather than depend on the opulence of the master.

As we shun extravagance in all things, our object will be not so much to please the eye, as the health and expenditure of our readers. In addition to soups, sauces, and savoury dishes, we have sweets on a liberal scale, both in pastry and confectionery; and in adopting rules to give proper zest to all aliments, by the well-judged resources of the art, we have not neglected to notice those which are naturally good, as also those made wholesome and digestible by well-studied manipulation.

It will be seen that we particularly direct attention to the importance of soup making, as conducive to health, as well as the comfort, indeed, we may say

luxury, of well-flavoured dishes, not excepting the more extended cultivation of vegetables; also, as regards the great advantage accruing from the last being well dressed. These remarks will be found most important to the classes for whom we write. The artisan will find, by careful attention to these preparations, that his expenses will be reduced, and, at the same time, his table better supplied.

To further simplify many of our recipes, and their occasional use, we have written a bill of fare sufficient for two or three weeks; mentioning at the same time the advantages pertaining to the most useful kitchen utensils.

In conclusion we trust that our endeavours to produce an intelligible guide to cookery, will meet with the approval and patronage of all persons of taste, who must be aware that a reform is as much needed in the preparation of food for the well being of our constitutions at the present time, as a sound Reform Bill would be for the representation of the country.





# THE ECONOMY OF COOKERY.

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## THE SEASONS AND THEIR NATURAL PRODUCTIONS.

### WINTER.

The seasons are not without their influences on the study of the housewife as well as the cook, who every day in the year ask themselves the question—what shall we have for dinner? but the regular reproduction of nature takes them out of their reveries; in fact the abundance we find in the winter months of January, February, and March, supplies us with immense resources, the only question at issue is, what amount of cash is available for marketing with economy, and according to the means of the family; bread, meat, vegetables, fruits, game, poultry and fish are readily obtainable, so that if there be any fault to find bountiful Providence is not to blame, but simply rests with the little or much we have to lay out.

### SPRING.

This most desirable season renovates our health and spirits, as it does the sap of the tree, the blood gets invigorated, and we look forward to the months of March, April, and May, with pleasant anticipations. At this period the cook has to battle against what may be termed a scarcity; true it is that we see with longing eyes loads of vegetables brought to market by the industrious gardeners, but often limited purses forbids our gratifying our palates; the wealthy only can display on their tables what hot house forcing has accomplished;

patience is our only resource, for three months later we may obtain for a mere trifle, what the ostentatious, and oftentimes the "gourmand" has purchased at the price of gold. At present we have good mutton, nice lamb, young veal, barn door fowls, ducklings, young turkeys, pigeons, and goslings; and in the way of game, hares, besides venison and rabbits. In fish we have shad, trout, the eel pout, cray fish, pike, tench, and carp, up to the end of March, after which time they do not eat quite so well, but then in lieu thereof mackerel, sturgeon, and many other fish abound. In vegetables, we have artichokes, asparagus, small button mushrooms, morills, green peas, sea-kales, and salsifis, independent of spinach, lettuce, and young radishes; besides early fruits, such as green apricots, almonds, strawberries, cherries, and gooseberries, but these only appear at the end of the Spring.

#### SUMMER.

All things of the earth at this season come to maturity; we have a plentiful supply of butcher's meat as heretofore, besides an abundance of fowls, pullets, fatted turkeys and other birds; and towards the close of Summer young ducklings, chickens, goslings, and every variety of pigeons, hares, and rabbits, while the feathered tribe is represented by quails, red and grey partridges, pheasants, thrushes, beccaficos, and a selection of fat larks, &c., &c. Fish is also abundant, the trout, carp, salmon, skate, soles, whiting, &c., &c. Vegetables also flourish, peas, French beans, broad beans, cucumbers, cauliflowers, brussels sprouts, brocoli, greens, cabbages, white chicory, chervil, tarragon, and spring onions. Of fruits we have peaches, plums of all kinds, apricots, white and blood cherries, currants, gooseberries, strawberries, mulberries, melons, apples, and pears.

#### AUTUMN.

This season is also teeming with all things desirable; indeed, our tables could groan with the good things of this world, if economy was not our guiding star. There are now

all kinds of stone fruits; poultry is in prime order, as also is game and venison, together with soft and salt water fish; mutton, veal, and fresh pork are in excellent condition also, as well as turkeys and geese. Red partridges and woodcocks, if taken or shot in cold foggy weather, are found to be in excellent order. Snipes, wood-quails, and larks are now a nice little change; as also is the golden plover, the dotterel, the red-breast, the teal, and ducks. In enumerating fresh-water fish, we are aware that they will not much interest our readers, because people mostly fry such fish; still we intend giving a few recipes on the French system of dressing them, as our opinion on this subject is, that the sauce, with few exceptions, is the best part of the dish. In salt-water fish, the display is so varied that one is almost at a loss to make a selection; and we find a large quantity of river fish, such as the eel, trout, pike, perch, cray-fish, carp, plaice, barbel, gudgeons; and in sea-water, sturgeons, salmon, trout, herrings, sardines, tunny, and anchovies. All kinds of vegetables are obtainable, cabbages, potatoes, parsnips, spinach, sorrel (a most admirable anti-scorbutic herb, which ought to be used more frequently), leeks, onions, endive, cabbage and cos lettuce, and a selection of pot-herbs. The fruits also abound—apples, pears, grapes, figs, olives, nuts, walnuts, and various dried and ready-preserved fruits.

In giving the above description of the seasons and their bringings forth, we are aware that a great deal of it is not within the reach of the million, but still it must prove interesting to our readers, and will add to their general stock of information.

#### ON THE NECESSITY OF CLEANLINESS IN THE KITCHEN, INCLUDING ADVICE TO HOUSE-WIVES GENERALLY.

Before we enter into what is properly called cooking, we beg to give some little advice, by recommending above all things, either to the mistress of the house, who intends to be her own cook, or to the maid who is to fulfil that duty, the necessity of cleanliness; not only in her person, but in all

things pertaining or belonging to a kitchen. All utensils, whether of earthenware, tin, iron, or copper, should be in perfect order; the last named more particularly on account of the danger resulting from the accumulation of verdigris, by which accidents of the most serious nature have often taken place. The same care should be observed with the smaller utensils, such as cruet stands, mustard and salt holders, and, indeed, many other articles which we shall not enumerate here because everybody knows what is mostly required, and the supply should be regulated by the means. But let all be clean and kept so. We shall, however, in another part of this work, show the advantages that must accrue from the use of proper articles, such as can be recommended, either for their cheapness, convenience, or economy.

Again we must add that every attention should be directed to the preservation and preparation of all alimentary substances which are to come to table; the housewife who observes these particulars will always find their pursuit a pleasure in the midst of her various callings by bestowing her utmost care on the real working of a good dish, for it would not only be gratifying to herself, but most acceptable to her family; and, in time, what was once to her a toil, now becomes her delight, because each day brings its new enjoyments.

The reign of what is called "Plain Cookery," in this country, must, we should say, expire amongst the middle and more humble class, as all enjoy in common the same faculty of taste, and that a choice dish can be as greatly relished by them as by their peers. Why, therefore, should we not endeavour to improve on the habit of those who unnecessarily confine themselves to the old style of living on roast, broiled, and boiled preparations? These are certainly acceptable at times, but as there is just now a tendency to a change in culinary practices, why not please the palate, and at the same time invigorate the digestive organs by partaking of nicely seasoned dishes. We, however, well know the difficulty of effecting a change in the diet of those who have been taught

to live as their fathers did before them; but let the mother of a family become a cook—such as we wish every man to see in his wife—her children will then insensibly acquire a taste for a nice plate of soup, a savoury dish of meat, and nicely cooked vegetables, instead of the crude under-done bit of plain-boiled, and 'often half-cooked vegetables. Hence arises the necessity of so much doctoring owing to impaired digestion.

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## BILLS OF FARE,

### AND HOW TO PROVIDE.

THERE are two distinct ways of providing for a family; firstly, that which concerns the every day fare, and secondly, that which incurs a little more expense in the proper reception of friends: and it is with the notion of giving an idea of what is necessary in both cases that we append a daily bill of fare for two weeks; and therein state the extras requisite, so as to make our friends enjoy our board. It does not always depend on the quantity, or the variety of dishes, to enable a good housewife to show her skill; but it really consists in the choice made of provisions, and, more important still, in their being properly cooked.

Should a cook be employed to provide for the family, the mistress ought not to show ignorance in herself making a selection of what is required for the dinner; and were she to go to market to purchase these items, another point would be gained, for instead of having to pay something like twenty-five per cent. more to those tradesmen who may have to send for orders, she is unfettered, and with the money in her hand, the option is gained of going to the best and cheapest quarter, and obtaining the requisite commodities, after a careful examination of their exact worth.

## THE ECONOMY

In conclusion, we strongly advocate the presence at table of a good plate of soup, we trust that no dinner will be given without it; so for a family of six, consisting of the parents, and three or four children, we offer the following bills of fare.

### SUNDAY.

(See Index for reference to recipes.)

As this day is set apart generally for a better meal than usual, we will commence our dinner by a purée of turnips with rice (supposed to be made from the broth of Saturday). A piece of roasting beef, of about eight pounds, with horse-radish sauce, or plain. Two vegetables, potatoes and French beans. A plum pudding, with or without sweet sauce.

### MONDAY.

Fish, either fried or boiled, with plain potatoes. Roast beef, either cold or broiled, with mashed potatoes, and salad according to season. Plum pudding, cold or warmed up.

### TUESDAY.

Beef broth; four pounds of either the aitch bone, buttock, or flank, and the beef bones of yesterday put with either; the soup made with bread and vegetables. Eat with the beef tomato sauce, chutney, or simply mustard. A roast chicken with watercress, or stewed with cauliflower. Potatoes, greens, or peas. A rice or bread pudding.

### WEDNESDAY.

Vermicelli, rice, or Italian paste soup, made from Tuesday's broth. A roast shoulder of mutton, with onion sauce purée. Potatoes plain, to mix with the purée on your plate. The remains of the beef of Tuesday made into a salad with a little lettuce, watercress, or the usual herbs. Asparagus or brussels sprouts. Apple tart or pudding.

### THURSDAY.

Boiled leg of mutton and caper sauce. Soup made of the broth, adding the proper seasoning, bread or rice, and a



purée of turnips. Mashed turnips and greens. A fruit pie or pudding.

## FRIDAY.

Rice soup, or purée of carrots, with Thursday's broth. Fish, fried or boiled, and the usual sauces. Hashed mutton with the remains of yesterday's leg. Plain potatoes. Salad. Fruit pie or pudding.

## SATURDAY.

A leg, hand, or any other part of pickled pork, with vegetables, as per recipe. Soup to be made with the broth, with a little bread cut up with the vegetables. Spinach, brocoli, or cauliflower. Apple fritters, or rollys preserved fruit pudding.

## SUNDAY.

Peas, rice, or patent barley soup, made with the remains of Saturday's broth. A fillet of veal with bacon; or a breast of veal, spinach, mashed potatoes. Salad in season. Currant or raspberry tart or pudding.

## MONDAY.

Meagre soup of herbs, or onion soup with milk. Fish in season. Hashed veal from yesterday's joint. Mashed potatoes, French beans. The bacon of yesterday with poached eggs. Currant pudding, or macaroni.

## TUESDAY.

Broth with beef as last Tuesday, adding in it a cabbage, to be served with the beef. Sauce piquante. Stewed rabbit, or rabbit pie. Plain potatoes, or sweet omelette.

## WEDNESDAY.

Spring soup with yesterday's broth. Hashed beef with onions. A roasted duck. Peas, mashed potatoes. Rhubarb tart, or gooseberry pudding.

## THURSDAY.

Meagre soup, with a purée of haricot beans. Roast leg of mutton, with haricot beans under. Spinach. Fried potatoes. Pumpkin pudding.

## FRIDAY.

Fish in season, fried, stewed, or boiled. Hashed or cold mutton, the last with salad. Plain potatoes. French beans. Pigeon pie. Batter pudding.

## SATURDAY.

Broth made with shin of beef. Italian paste soup. A roast leg of lamb, with sharp sauce. Potatoes. Salad in season.

Having now given bills of fare for a fortnight, which can easily be varied for a year, we shall present other bills of fare suitable for six to eight persons.

## DINNER FOR SIX TO EIGHT PERSONS.

## FIRST COURSE.

TOP.—Spring soup, removed with braized beef.

SIDE.

SIDE.

Cottage stewed cutlets.

Duck and sweetbread.

BOTTOM.—Salmon, with caper sauce.

CORNERS.

CORNERS.

Olives. Anchovies.

Radishes. Butter.

## SECOND COURSE.

TOP.—Roast fowl and watercress.

SIDES.

SIDES.

Peas French dressed.

Currant tart.

Custard pudding.

Cauliflower.

BOTTOM.—Homely pigeons.

## DESSERT.

TOP.—Apricot marmalade.

Raisins and almonds.

Fruit in season.

Nuts small, or walnuts.

Grapes.

BOTTOM.—Currant jelly.

## DINNER FOR EIGHT OR TEN PERSONS.

## FIRST COURSE.

TOP.—Vermicelli soup, removed with  
Fillet of roast veal.

## SIDES.

Tourte of sweetbread.

*Sauté* of potatoes.

## SIDES.

Macaroni.

Fricaseed chickens.

## BOTTOM.

Cod-fish. Oyster-sauce, removed with a  
Turkey poult roasted.

## SECOND COURSE.

English cream.

Fresh fruit tart.

French beans.

Jerusalem artichokes.

Raspberry cream.

Apple and custard pudding.

## BOTTOM.

Roast partridge.  
Gravy and Bread sauces.

## DESSERT.

Strawberries plain.

Currant jelly.

Savoy biscuits.

Preserved apricots.

Compote of pears.

Raisins and almonds.

Nuts.

Compote of apples.

Strawberries with pounded sugar and red wine.

## DINNER FOR TEN OR TWELVE PERSONS.

## FIRST COURSE.

TOP.—Italian paste soup, removed with fried soles.

## SIDES.

Potatoes, Maitre d'Hotel sauce.  
 Macaroni à l'Italian.  
 Hotch-potch of ox tail.  
 Lamb's cutlets fried.

## SIDES.

Fricaseed breast of veal.  
 Stewed chicken.  
 Patties of sweetbreads.  
 Mashed potatoes.

Purée of asparagus removed by stewed eels.

## SECOND COURSE.

Quarter of roast lamb.

Jelly.

Salad.

Pudding.

Asparagus.

Semi-fried partridge.

Stewed duck.

French beans.

Tart.

Cream.

Roast leveret.

## DESSERT.

Biscuits.

Pears.

Preserves.

Raisins and almonds,

Nuts.

Apricot compote.

Apple compote.

Oranges and sugar.

Ginger preserve.

Preserves.

Biscuits.

Grapes.

## THE ARTISAN'S BILLS OF FARE.

We do not intend to direct in a positive manner the daily fare of the working classes, as we know full well that it is impossible to observe certain rules, as far as the means of regularly procuring provisions extend, because a family depending on the labour of one or more of its members, may, for a lengthened period have constant employment, which enables the circle to live comfortably and regularly; but as a sudden stoppage of earnings is likely to happen; then of course unless a rainy day has been looked for, their diet becomes cheapened, circumstances necessitate retrenchment, and a consequent pinching is the result, until once more employment is obtained.

With these few remarks we lay before our readers, our bills of fare, and sincerely trust that the procurement of the different ingredients named therein may be to them always possible.

SUNDAY—FOR A FAMILY OF SIX.

Salt beef; six pounds. Carrots, turnips, and parsnips. Suet dumplings can be eaten with the meat, or they may be eaten as a dish, with sweet sauce.

MONDAY.

Rice soup; with turnips mashed in it, yesterday's cold beef, with potato salad; or a *macedoine* of vegetables and fried beef. An apple pudding.

TUESDAY.

Split peas soup with remains of beef liquor, roast shoulder of mutton, with onion sauce, and mashed potatoes. Cherry tart or pudding.

WEDNESDAY.

Mackerel boiled, with fennel sauce; or grilled with parsley and butter, yesterday's mutton hashed; potatoes; bread pudding.

THURSDAY.

Beef broth, made from three pounds of the soup made from the same, with bread and vegetables in it, eat sharp sauce with the meat; potatoes and cabbage omelette sweet.

FRIDAY.

Vermicelli soup, made from yesterday's broth; herrings, or whittings, meat pudding, greens, and potatoes, rice pudding.

SATURDAY.

Onion or herb soup, pork cutlets and sharp sauce, mashed potatoes, salad of French beans.

## SUNDAY.

Roast beef with horse radish, fried potatoes, peas, plum pudding with sweet sauce.

## MONDAY.

Mutton broth with a scrag, yesterday's beef cold with mashed potatoes, a salad, warmed up plum-pudding.

## TUESDAY.

Mutton broth with rice, stewed rabbit or pie, potatoes, apples and red cabbage.

## WEDNESDAY.

Cod fish with sauce, beef steak and fried potatoes, plain ditto, baked rice and apple pudding.

## THURSDAY.

Meagre soup with haricot beans, roast leg of mutton, haricot beans under, salad in season, custard pudding.

## FRIDAY.

Fried soles, hashed mutton, mashed potatoes, currant and raspberry pudding.

## SATURDAY.

Beef cheek broth for soup; with the meat tomato or sharp sauce; cabbage; omelette sweet.

By way of variation the following dishes are added to complete the series of recipes for the artisan.

## SOUPS.

Rice	Haricot bean purée	Pumpkins
Cabbage	Milk	Artisans
Hashed palate	Beef bouilli	New Cabbage
Haricot bean	Salt beef liquor	Herb Meagre
Sorrel	Salt pork liquor	Onion meagre



## SAUCES.

Roast mutton	Sharp	English
Caper	Cold sharp	Onion

## FISH.

Cod	Salt cod	Mackerel
Flounders	Plaice	Soles
Fresh herrings	Bloater salad	Whitings
Mussels	Angler's stew	Stewed eels

## BEEF.

Tripe	Housewife's tripe	Kidney
Brisket pickled	Rump steak	Hashed beef
French beef steak		

## MUTTON.

Shoulder	Cottage stewed cutlets	Haricot
Scrag	Hodge Potch	Shoulder baked
Hashed	Family stew	Tongue
	Pudding	

## VEAL.

Knuckle	Liver	Housewife's liver
Pluck	Breast	Feet stewed
Hashed	Pie	Leg
Indian relish		Macedoine

## PORK.

Roast leg	Spare rib	Boiled leg
Sucking pig	Sauced feet and ears	Stewed cutlets

## POULTRY.

Capon and rice	Stewed Chickens	Turkey
Giblets	Roast Duck	Roast Goose
Stewed goose	Stewed pigeons	Housewife rabbit
	Stewed Hare.	

## VEGETABLES.

Peas	English dressed peas	French peas
Asparagus	Asparagus with white sauce	French beans
Haricot beans	Salad of French beans	Broad beans
Cauliflowers	Dried haricot beans	Cabbage
Spinach	Sorrel	Celery
Turnips	Potatoes	Mashed potatoes
Fried potatoes	Potato salad	Rice milk
Jerusalem artichokes		

## EGGS.

Bacon omelette	Omelettes	Bloater Omelette
Cheese and eggs		Salad of eggs

## SALADS.

Cos lettuce	Cabbage	Endive
Celery	Dandelions and water cress	Mixed
	Beetroot	
	Apple fritters	

## GENERAL OBSERVATIONS ON CARVING.

The art of carving neatly has become so essential an acquirement, that every head of a family ought to know how to handle a carving-knife and fork, and use it on any joint, poultry, or game, so that at the onset he exhibits to his guests that he is quite at home, and ready to distribute, cleverly, to each of them a suitable slice, a nicely cut wing or leg of a fowl, without the least show of awkwardness; a little practice and experience is all that is required; and, in order to assist our readers, we will lay down the method which will be considered a pleasure to know rather than a toil, and enable anyone invited out, to do the honour of the table in case the host should not possess the requisite knowledge for the occasion.

No good carving can be effected unless the knife is in a proper condition to cut, the fork should have two prongs and the guard drawn out in case the knife should slip.

**SIRLOIN OF BEEF.**—This joint should always carry with it the fillet, and ought to be cut out and served in slices to those elderly parties who may naturally wish for it on account of its tenderness; the other part above the bone, laying between the top and under side, ought to be cut right across, alongside of the bone, to enable the carver to cut good slices, lengthwise of the joint, either beginning a first slice after the outside is cut, or (as some amateurs do), put the carving-knife in the middle of the joint as containing more gravy—the ribs of beef have only one way to be carved, and that is by passing the knife down to the bone in respectable slices, after the outside is cut off, lengthwise of the ribs.

**AITCHBONE OF BOILED BEEF.**—The usual rule is, both for this joint and a rump of beef, to cut a good thick slice off before you serve the first cut—the carving-knife for these joints should be particularly thin and sharp, so as to cut the beef in rather thin slices with a nicely cut piece of fat.

**ROAST MUTTON.**—The leg should be cut right across through the thickest part to the bone into good slices, right and left, the under part leading towards the tail should be sliced lengthwise of the leg into filets—which are always very tender—the knuckle, although a little dryer than the other parts, is generally tender also, and excellent eating in a boiled leg of mutton.

**SHOULDER OF MUTTON.**—This is a very nice joint, and is generally very full of gravy; the usual way is to stick the fork near to the knuckle, and lifting up a little, then cut through to the bone three or four good slices. The under part has two or three nice cuts, and so has the blade bone, each side of the ridge.

**SADDLE OF MUTTON** is not a very profitable dish, and can only be carved in thin slices alongside the back-bone,

from one end to the other, which enables the carver to divide those slices, and serve with some fat from the sides. Others, after passing the knife close down to the back-bone, begin to cut in a slanting direction, thereby cutting very nice slices, with part of the fat to each, which does not disfigure the joint as the other process does.

**LOIN OF MUTTON** is a rich joint, and usually well jointed first, and then carved into chops when roasted.

**QUARTER OF LAMB.**—The shoulder is usually taken up from the breast and ribs by passing the knife under, not too close to the bone, and the shoulder carved in the usual way; the other parts in chops as may be chosen.

**HAUNCH OF MUTTON**—and a haunch of venison are carved in the same way. When the knuckle-part is on your right, begin to cut in a slanting direction in the most fleshy part of the knuckle, so as to let the gravy out; then turn the other end towards you, putting the point of the knife at the first cut, and pass it deeply all the way down towards you, when you can help in thin slices, with a little fat and gravy to each.

**FILLET OF VEAL**—is the same as round of beef, and cut the same, in thin slices; the only difference is that it is roasted. In doing so it ought to be covered with paper, to prevent burning up, and after the usual process of stuffing into the flap.

**BRISKET OF VEAL.**—Usually the brisket is divided from the ribs by cutting about three or four inches from the edge and cut it through, then serve the guests from either part as they like best.

**LOIN OF VEAL.**—Cut the thick part in small slices right across, to serve afterwards with part of the kidney to those who like it. Under the kidney is a very nice, delicate bit of fillet, which should be cut into little slices to be served as required.

**SHOULDER OF VEAL.**—Under the shoulder on the left is a

small and delicate piece covered with fat, which being a choice part should be first offered; in the rest, above and under, are many good slices, similar to a shoulder of mutton. It is usually stuffed with forced meat, and served accordingly.

PORK.—All the roasting pieces being similar to a leg, shoulder, or loin of mutton, very little difference exists as to pork.

HAM.—Various are the ways to carve the ham, but the best is to begin at the hock end and follow it up. Others begin nearly in the middle, through the thickest part of the fat, thereby coming at the prime parts at once.

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## CARVING POULTRY AND GAME.

The principal parts of poultry are the neck, the wings, the legs, the breast, the rump, and the carcase. The best to offer are the wings, then the breast, and afterwards the fleshy white parts generally coming off with the leg; if boiled or stewed the legs are equally presentable.

The carving of a roast fowl is effected by taking hold of the wing with the fork, and with the knife in the right hand cut the joint of the wing, and pull it with the left hand, which easily gives way if you hold the bird firmly with the fork; you then take up the leg on the same side by giving a cut at the sinews of the joint, which you detach afterward with the left hand; the same operation for the other side; then you take up the breast, and cut the carcase in two.

This same operation is to be followed either for fowls pheasants, partridges, or woodcocks.

The great *chef* of the Reform Club, the late Alexis Soyer, in order to obviate the difficulty of carving poultry under any circumstances, cleverly invented what he called the *tendon separator*, with which, before spitting a bird for

roasting, he managed to cut up the sinews of all the joints inside of the bird by also giving two cuts to the backbone, and afterwards trussed the bird. When on the table the carver had no difficulty to divide it, as by merely passing the knife under the wings, the legs, &c., &c., the birds are divided into eight or ten parts in less than five minutes, without fear of splashing the gravy over the table-cloth or your next neighbour's dress.

This instrument had a great sale amongst the members of the Reform Club and the aristocracy; but the very same operation might be performed with a strong pair of scissors, whose blades must be short and very strong, the stems rather long, with room enough to put in the thumb and one of the fingers in the rings, to have a good hold of the instrument and power to cut the sinews.

PIGEONS—when large, can be cut like a fowl, but it is commonly divided along the back, or cut across, leaving the forepart of the bird with the two wings and the breast, and the other part with the legs only; but the first process is preferable.

TURKEY AND TURKEY POULT—are carved much in the same manner as fowls; the only difference is, that these birds being of a larger dimension, the flesh along the breast-bone affords to serve several by being cut in neat slices on each side, before the wings and legs are detached.

GOOSE AND DUCKS.—These also can be carved as a turkey, having a fleshy breast in addition to the other parts; in fact, the whole of the flesh might be cut in fillets and served, except indeed these were not sufficient. On the other hand, they are to be divided as any other birds, if required.

HARE AND RABBITS.—If roasted, the best part is evidently the fillet along the back-bone, which is cut in pieces and served out, then the shoulders and legs; these are easily taken up, and do not require great practice to divide them.



However, the best way of dressing either is by stewing; it is then already carved and every part of it can be eaten with a certain degree of pleasure, nothing being wasted, and the ingredients used and sauce produced very relishing.

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## OBSERVATIONS ON THE MAKING OF BROTH WITH DIFFERENT KINDS OF MEAT.

### ON THE PREPARATION OF SOUPS.

Before entering into the preparation of different nourishing aliments, we cannot too much impress on the minds of all housewives the fact, that the habits of the people of Great Britain have not been properly trained to the necessity of making use of what we may term liquid food; generally it is treated with indifference, unless you make the remark that a quantity of meat has been boiled in the soup, and that consequently it must be strong and rich; then you may prevail on the uninitiated that if it were nicely seasoned, and otherwise prepared, it becomes invigorating to the sick and weakly, and it must necessarily follow that the same would be beneficial to the strong and healthy.

In recommending serious attention to this subject we do so on two principles—those of health and economy. As regards the first it is incontestible that the broth made from meat, or even broth made or extracted from whatever material the science of cookery has taught us, is conducive to health, and your medical adviser will tell you that you cannot do better than by commencing your dinner with a plate of soup. Everywhere on the Continent soup is the precursor of the dinner.

What we wish to infer is that, by having soup, a saving is effected in the solid meat, and hence arises a question of economy, and in the course of our lessons we shall show how to live well and at the same time cheaply.

Professor Donavan, in his "Domestic Economy," pages 260-61, says—"In order to boil meat to perfection, care must be taken that the heat shall not permeate it too rapidly; for heat, too quickly supplied, would render the muscular fibres tough. Hence slow boiling affords the most wholesome as well as palatable meat."

"When a joint of meat is boiled in water it first loses the flaccidity natural to it, and becomes short-grained and harder. If the boiling be continued, the meat soon begins to soften; the muscular fibres then separate from their adhesions, and at length disintegrate into separate bundles. The meat has now lost almost the whole of its nutritious and agreeable qualities."

"The common practice of forming soup by boiling large masses of meat until its structure is broken down into shreds is, therefore, decidedly bad."

Having now given sufficient preliminary advice, which should be closely followed, we will at once commence practical operations.

#### HOW TO MAKE BROTH FOR SOUPS.

If you enter into the spirit of the thing, and become an admirer of a good and nutritious soup, and its companion, the beef *bouilli*, take a piece of the aitch bone, buttock, or thick part of the leg, say, in weight, 4lbs. to one gallon of cold water; place the water and meat in a stew-pot, put it over a slow fire, so that the ebullition should take place gradually, to dilate and dissolve the muscular fibres of the meat; remembering that if you hurry your boiling, the albumen of the beef, like the white of an egg, gets coagulated, which has the effect of hardening the meat, and takes away the succulence of the broth. As soon as your pot simmers, skim gently as the scum rises to the surface. When you have all this extracted, put in a table-spoonful of salt, and have the following vegetables ready prepared: half a head of celery, two leeks, one moderate carrot and parsnip, tying them together and dropping them into the pot; then add a small

turnip cut into quarters. Now roast a small onion all round quite brown, and stick into it three cloves; put this onion in, and let the whole simmer three and a half to four hours; and if the water wastes add more hot to it, so as to keep up the quantity. You now have a soup fit for a king. Have your tureen ready and some bread cut up in slices, using as much of the crust as you can, and, in fact, if you have a friend or two, use the crust only of a tin loaf; but exercise your own judgment, taking care that the quantity of bread does not exceed the value of two rounds of toast, which is enough for four persons. Then pour two teacupsful of the broth over the bread, and cover over the tureen to allow the bread to swell out. Take out your beef, lay it on a dish, also the vegetables on a separate plate, either to eat with the soup or the meat.

**TO IMPROVE IT.**—If you happen to meet with a tough fowl, not fit to roast, you may put it into the broth-pot with half a calf's foot, which will make the broth richer; and it may be used as the foundation for sauces.

Now, with the broth remaining, which you pass through a tammy, you have the foundation of the following soups:—

**RICE SOUP.**—Take a quarter of a pound of rice (enough for four persons), wash it in warm water, rubbing it with the hands, place it in a stew-pan, covering it over with water, after boiling two hours, strain it off, and put the rice in your broth, which you have already hot, and let it simmer for another hour; season, if requisite, with salt, and serve.

**RICE SOUP WITH TOMATAS.**—Take either preserved tomatas or the fruit; if the latter, boil it in a small quantity of water, wash and pass it through a sieve; boil your rice as in preceding receipt; and after having placed the same in your hot broth, add, in a few minutes before serving, the tomatas, which will be found a delicious adjunct: season with a little salt, if necessary.

**VERMICELLI SOUP.**—A handful of vermicelli broken into short stems and thrown into your boiling broth, will be done in fifteen minutes.

**ITALIAN PASTE SOUP.**—Of these ornamental delicacies you have only to throw in two ounces for each person, in your hot broth; let them boil fifteen minutes, and serve with grated Dutch or mild English cheese.

**CABBAGE SOUP.**—The best cabbage for this soup is the Savoy; cut the same into quarters, taking out the core, and splitting the larger leaves along the middle, upwards; you then put the cabbage in the already boiling broth, adding half a head of celery. Now place some thin crusty slices of bread in the tureen, pour over it a cupful of broth some few minutes before serving, add a few mashed potatoes and then pour in your broth laying the cabbage on the top.

**SPRING OR VEGETABLE SOUP.**—Before giving this receipt we must observe that this is one of the nicest and best soups of the season. Have ready three pints of broth, having already cut, washed, and shaped into small dice, the following vegetables, namely: one carrot, one turnip, two very small onions, one dozen sticks of asparagus, in lengths of half an inch each, half a cauliflower, in strips, two dozen French beans, cut diagonally, and half a pint of green peas. All these must now be blanched in boiling water and salt, draining and passing them into cold water, with the exception of the carrot, turnip, and onion, which at once transfer into the hot broth, and afterwards the other vegetables. Season slightly with salt, pepper, and sugar. Twelve minutes boiling will perfect this soup.

**CARROT SOUP PUREE.**—This is a winter soup, much esteemed; wholesome and nutritious. To three pints of broth add three or four carrots, cut up in slices, according to size; three onions, three leeks, half a head of celery; put in a saucepan, add two ounces of butter, and half an ounce of sugar; then add your prepared vegetables, and fry them for ten minutes, taking care that they do not become brown; mix these to your broth. When the whole have boiled for fifteen minutes, and you find the vegetables are done, pass all through a tammy, and replace the purée again in the pan,

repass it through the tammy, and, if required, season with salt and pepper, and serve very hot.

**TURNIP SOUP PUREE.**—Proceed as above, omitting the carrots; but you may add rice, which is an improvement.

**ONION SOUP PUREE.**—To three pints of broth, use eight large onions, cut in slices, fry them in a stew-pan with a little butter, then add your broth; let all boil till the onions are well done—say half an hour; pass all through a tammy a second time, then give another little boil; season with salt and pepper to your taste, and serve hot, over toasted bread cut in dice.

**HARICOT BEANS PUREE.**—Boil in water one pint of beans with two sliced onions; mash them all well, but proceed as for carrot purée.

**GREEN PEAS PUREE.**—To three pints of broth, use one and a half pints of peas.\* When done, season with a little sugar, and serve with toasted bread, cut into small diamonds, having fried the bread in boiling fat.

**ASPARAGUS PUREE.**—To the above add twenty-five sticks of asparagus, cut one inch in length, blanch them with boiling water and salt, pass and transfer them through cold water; add the grass to the peas, observing that when asparagus is used, to omit the sugar.

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### OBSERVATIONS ON PUREES.

All purées for soups can be made with prepared vegetable flour, including potatoes, haricot beans, lentils, and peas. You mix a certain quantity in the cold broth, or water, and throw

\* To make the purée very green; when the peas are done, blanch in boiling water a table-spoonful of chopped parsley, and one ditto of the stem of spring onions, then put these in with the peas, mash and pass all through a tammy, and serve.

it into the boiling broth ; stirring the while with a wooden spoon, say for ten minutes, taking care that you do not make it too thick ; season according to taste, adding to either of the above, toasted bread cut in small dice. A table-spoonful of preserved sorrel gives either a nice zest.

SIMOLINA, TAPIOCA, AND SAGO SOUPS will be found excellent for children and invalids, either of these can be easily made with broth or milk ; put two ounces of the above into a quart of boiling broth, stirring it round with a wooden spoon for a few minutes ; then let simmer gently for twenty minutes, and serve. The above quantity will suffice for four persons ; season to your taste, adding if necessary, a little salt. If your mixture is too thick, add in a little more broth.

We have often been asked the question, “ What is the use of those immense pumpkins one so often observes in the seed shops ; ” people generally believe that they are simply for show, although some will say that a sort of pudding may be made with it, which pudding by the way, we confess, we ourselves have never tasted ; however, such a dish, we doubt not may be very good ; in the meantime we will give a receipt how to make pumpkin soup, a thing much enjoyed by French juveniles, and not despised by their seniors.

PUMPKIN SOUP.—Take about 2lbs. of this vegetable, peel it, and take out the seeds ; then cut the flesh into dice ; put them into a stew-pan with half a pint of water ; set on the fire ; when reduced into pulp, and no water remains, put in two ounces of butter, slightly season with salt and pepper, let simmer five or six minutes ; now have ready one and half pints of milk boiled, then mix the pulp with it and simmer another five minutes, add in a little sugar, cut bread in thin slices, and place them in a soup tureen, pour over the bread a ladleful of boiling soup, let it soak near the fire for ten minutes, and then pour on the remaining broth, and serve hot.

NOTE.—We will in its place give a receipt for pumpkin pudding.



**MILK SOUP.**—In the country particularly, good skim milk can be procured very cheap, still it is rarely used in soup. Why? because it is not thought rich enough in quality. We, on the contrary think it is, and greatly enjoy good rice milk; a nice pudding, and better still, a good basin of milk soup made as follows:—

Boil a quart of skim milk with a little salt, or for a change two ounces of brown sugar, cut four ounces of bread into thin slices, place them into a tureen, and pour over them a little of your hot milk; let it stand near the fire five minutes, then beat up the yolks of four eggs, and add them in the remainder of your milk, again place it on the fire, and when the milk gets thick, at once take it off; it is then ready.

**ANOTHER WAY.**—To make it more refined, take three pints of milk, and add in the zest of a greenlemon, a little coriander and cinnamon, a slight nip of salt, three ounces of sugar, boil all gently, and reduce to one half; then you pass it through a tammy, and proceed as in last receipt.

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## VARIOUS MEAGRE SOUPS.

If the soup you intend to make should be onion, cabbage, carrot, turnip, or celery, take either singly, cut it up nicely, and blanch the same into boiling water for fifteen minutes, then transfer it into a saucepan with a little cold water, with a piece of butter and salt; whilst this is doing, put into another saucepan a piece of butter with sliced onions, carrots, parsnips, and celery,—these last all cut small; a shalot, thyme, bay leaf, basil, cloves, parsley, and spring onions; pass all these on the fire, keeping them stirred until they are of a good colour, then add water, and let all boil thirty minutes; pass through a tammy, and add the liquor to the saucepan which contains the sliced onions; give a few minutes boil,



taste if well seasoned, pour it over some sliced bread in a soup tureen, and serve.

**ANOTHER WAY.**—Put three pints of water into a stew-pan, to this add the quarter of a middling-sized cabbage, a small parsnip, three onions, half a head of celery, a sprig of parsley and chervil tied together, and half a pint of peas tied up in a cloth; boil the whole for two hours and a half, adding a piece of butter; then pass the broth through a tammy, add pepper and salt, cut in a deep tureen pieces of bread, on these spread the vegetables, after having neatly cut them, and on these pour the boiling broth, and serve.

**GREEN PEAS AND SORREL SOUP.**—Wash a handful of sorrel, and in a bag put half a pint of green peas; boil these in three pints of any broth; when done, chop the sorrel, put some sliced bread in a tureen, put the sorrel and peas on it, pour the boiling broth over it, cover, and serve hot.

Having now given a rather plentiful series of soups, not only fitted for the middle classes, but not to be despised by the aristocrat, we shall here introduce another series less expensive, still wholesome and nourishing, for the artisan.

**THE ARTISAN'S BROTH** is made exactly as in the first process (see page     ), the only difference being in the parts of beef used, and which, for this recipe, should consist of either three or four pounds of leg of beef, at fourpence-halfpenny per pound; or of cheek and palate, at threepence; adding in a little bit of smelt and liver: and in addition to the vegetables there named, a small cabbage cut into quarters; remarking that a very little bread is required for the first day, as you have plenty of cut vegetables. The next day boil a quarter of a pound of rice as mentioned at page     , or a handful of vermicelli, semolina, or macaroni, adding on either of the last a little Dutch cheese grated.

**HASHED PALATE, CHEEK, OR LEG.**—The artisan's broth in last receipt will be found enough for four persons, lasting two days; on the second day, a hash can be made as follows:

Cut in slices five or six onions, fry them in two ounces of dripping, and when they begin to brown, add a tea spoonful of flour, and a gill of broth; let simmer until the onions are quite done, and then put in your meat, nicely sliced; let it get gradually hot, and just before serving, put in a little vinegar or mustard. You have now, with the addition of a few boiled potatoes, a nice dish.

**BEEF BOULLI SALAD.**—Cut your cold meat in thin slices, laying them in a vegetable dish; put salt and pepper over with a couple of eshalots cut very fine, and a dessert spoonful of chopped parsley and onion mixed, one tablespoonful of vinegar, and two ditto of oil; whilst cold potatoes cut in slices are a good addition.

**BEEF BROTH FOR SOUPS;** a cheaper plan.—See “How to make Broth for Soup,” p. . Proceed in the same way, but purchase about four pounds of the shin of beef, or the same quantity of ox cheek and palate, or else the same quantity of cow-heel, or any other lean and cheap meat.

This broth, into which you have cut the vegetables in small dice, adding a small cabbage cut in quarters, will be found cheap, the cost for all the ingredients not exceeding one shilling and two pence, and the quantity will suffice for two dinners; each dinner being enough to supply four persons.

If on the second day you desire a change, put in four ounces of well-broken rice, having previously boiled it in water; and in our article treating on stews, at p. , will be found the receipt to cook the meat.

#### SOUPS MADE FROM THE LIQUOR IN WHICH SALT BEEF OR PORK, MUTTON OR VEAL, HAS BEEN BOILED.

**SALT BEEF LIQUOR.**—It is an unpardonable error to throw away either of the above liquors. The culinary process of boiling a piece of salt beef, although differing from that of the fresh beef already mentioned, still is of too much import-

ance, in an economical point of view, to neglect showing the uses it can be applied to. The standing objection is, that it is far too salt; but as the quantity of water used is generally less than for other culinary preparations, we will proceed as follows:

When your liquid is cold, skim off the fat; and if you want soup with split peas for four persons, boil half a pint of peas in water until they are reduced to a pulp. Have ready one half-pennyworth of mixed vegetables; any kind will do; cut them small, and according to the saltiness of the liquor, add to each quart of liquor half a pint of water, and if still too salt, throw in a little sugar. When boiling, add in your peas in pulp, and vegetables; let simmer for twenty minutes, and serve with a little dried mint.

**SALT PORK LIQUOR.**—Never boil a piece of salt pork of two to four pounds in weight without adding a small cabbage, and a few other cut vegetables, using a few pieces of bread; put these in the broth, adding a little pepper; and next day put a little rice or peas-pulp in the remaining broth, by way of a change.

**BOILED LEG OF MUTTON LIQUOR.**—Often have we seen this liquor wasted; and we would ask, when mutton broth is made from the neck or scrag of mutton, why should it not be made of this liquor? Some, we know, do so; but they are the exceptions to the rule. We have known, in large establishments, such liquor to be thrown in the hog-tub, and the cook who dared to introduce a dish made from it would have run a risk of being roasted alive; indeed, Irish stews, or hashes, could be hardly tolerated. Such is the force of custom; still we assert that both the health and pocket will both benefit by its reformation. No joint is better enjoyed than a nicely-done leg of mutton with caper sauce, and the usual garnishing of turnips; but in addition to these a nice dish of soup, with either bread or rice, sent up as an opening to the dinner, makes the same complete; and is not only conducive to health, but is apt to save a slice

of the leg, at the same time leaving a corner for some sweets or a bit of cheese.

**CABBAGE SOUP.**—No country possesses better bacon than England, and we all know that bacon and cabbage is a favorite dinner; some enjoy hard dumplings with the same. But as an improvement on these, if you boil in three quarts of water one and a half pounds of bacon, half a pound of pork sausages, and skim when boiling; now adding a small savoy cabbage, cut in quarters, four sliced potatoes, half a carrot, and two onions, cut in quarters, also a parsnip; in two hours' time your soup, bacon, and other ingredients, are ready. You now put the bacon and sausages on a dish, with the cabbage round, putting the soup in a tureen, having previously placed in the tureen a little sliced bread soaked with the broth, and pour over this sufficient broth for the day's dinner, reserving the rest for the following day.

**HARICOT BEAN SOUP.**—This is a vegetable in great request in France; and well it may be, for it is one of the most nourishing vegetables we possess, although not much used in this country.

In cold water place a pint of haricot beans, the night before using. Put on the fire one pound of bacon in a saucepan, with two quarts of water. When boiling, skim; then put in your beans, with an onion cut into quarters. When the beans have been on two hours, they are done; take them out, and dress as follows: Put two ounces of butter or lard in a stewpan, cut one onion in slices, sprinkle over with flour to brown them, pour in the broth, and add a tablespoonful of chopped parsley; let it boil half an hour, and pour it in the tureen, in which you have some bread sliced; you may also throw in a few beans. These only require to be dressed with a little butter and parsley, and half a teacupful of broth, with a twinge of pepper; then set them on the fire for five minutes, and the bacon, which has been kept in the liquor, is served with the beans. There is a little trouble attending this dish, but still no plain dish is nicer.

**MEAGRE ONION SOUP.**—Cut in slices eight or ten middling sized onions, then put two ounces of butter or lard into a saucepan, and when very hot add in a dessert spoonful of flour; after having browned it, put in the onions, which fry of a light brown colour, and then run in three pints of warm water or boiled milk, seasoned with a little salt: boil for ten minutes. Having ready some slices of thin bread, moisten the same with half a cupful of the hot broth, let stand five minutes covered, then add the remainder of the broth on the bread, and serve.

**MEAGRE SPRING HERB SOUP.**—Put into a stewpan a little purslain, a handful of sorrel, four small onions, and a little parsley, all chopped small; add in one pint of green peas, with two ounces of butter: when all are a little reduced by the action of the fire, put in three pints of warm water, and let boil for half an hour, then take out a gill of clear broth, into which you beat the yolks of four eggs; place this mixture into a small saucepan, then on the fire, and let thicken; it will be ready in a few minutes; afterwards pour it on your broth, stirring the while slowly, season with a little salt to your taste, and serve.

**SORREL SOUP.**—This is an anti-scorbutic soup, most agreeable and wholesome. Well clean and wash a handful of sorrel, chop it fine, take two ounces of butter, put the same in a stewpan with the sorrel, and when hot, add one quart of water, also a very small quantity of salt and pepper. As soon as the pot boils add the yolks of four eggs, beaten up with a little milk, and a piece of butter, fresh if handy, as large as a walnut; throw this in the pot, and when all boils again, pour the contents over some sliced bread placed in a tureen, and serve.



## CONCLUDING REMARKS ON SOUPS.

Perhaps we have somewhat elongated our series of soups, but we have felt anxious to plainly show the resources of the art in this particular; still there are many other soups which would find a place in this volume, had our space admitted. One of the aims of this work is to show the value of these preparations to the million, whose study should be "health and economy;" and gratified indeed shall we be, if our endeavours prove successful: to the French, however, are we indebted for the many splendid soups we enjoy. And thus it is that we cannot refrain from warning our reforming cooks and housewives as to the beneficial effects of a slow fire, when preparing soups; taking care that the ebullition is slow and moderate, so that the meat subjected to its coction gradually expands, and admits of the osmazome\* being allowed insensibly to escape and commingle with the broth, without thickening its substance, or diminishing the suavity of its taste; so that the meat gets properly cooked, and not suddenly made to gallop when it should only simmer.

MACARONI.—This Italian production varies in shape, but is generally made of the same paste, composed of rice and flour. We have besides this what is properly called macaroni, made in round sticks, vermicelli, semolina, kagnes, in ribbons, lazagnes, flat on surface but trimmed round the edges, and also an Italian paste made in different forms with stampers. All the above can be used indiscriminately for soups; but the kagnes and lazagnes are for a dish of macaronies.

We cannot too strongly recommend the before-mentioned different articles to our readers for their nourishing qualities, wholesomeness, and cheapness; and the only reason of their not being more extensively used is on account of many not understanding their proper cooking; yet nothing is more simple, dressed thus:

\* Osmazome is a nutritious substance contained in the muscular portions of the flesh of animals.

Take eight ounces of macaroni (at five pence per pound), put it in plenty of boiling water for about twenty minutes, recollecting that old macaroni takes more boiling than if new: you can ascertain when it is done by taking out a piece, and if soft, it is ready. Now drain all the water out, have ready grated cheese, of any kind, about two ounces, or more if you like, the same quantity of butter; place the macaroni in a deep dish, with the butter; stir round and add the cheese gradually, with a little salt and pepper. If you like to put it on the fire to toss it up for a few minutes it will be all the better. Three persons partaking of it could make a nice meal by doubling the quantity.

MACARONI AND PARMESAN CHEESE.—This is a more refined way of cooking and dressing macaroni: boil it in plenty of broth, drain it; put in a saucepan three ounces of butter; when melted, add a layer of the cooked macaroni, and on this some grated parmesan and gruyère cheese (about two ounces of each), add layers of macaroni and cheese, till all is used, not forgetting a little white pepper, to be sprinkled on each layer, then add into it two gills of broth; when all is hot take the saucepan by the handle, and toss it up and shake round, and when the cheese begins to thread it is done. Dish up, and powder over with cheese; pass the salamander to brown it, and serve.

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### GRAVY.

The following receipt for reduced gravy does not exactly pertain to the sphere of consumers who place themselves under our guidance; but as some of the more wealthy amongst "the million" may have an inclination to exceed the ordinary limits, on particular occasions; we give it insertion, simply adding that it will be the foundation for brown sauces; and a little of it will at once give a richness and pleasing appearance to soups generally.



**GRAVY FOR SAUCES.**—Put about four ounces of good fat or butter in your stewpan, together with three sliced onions, laying them equally over the bottom, then have ready cut in pieces three or four pounds of leg of beef, which you lay on the top of the onions, adding whatever pieces of meat or game you may have by you, with one calves foot; put in as seasoning a desertspocnful of salt, a 'teaspoonful of pepper, adding two carrots each cut in four lengthways, with a bunch of sweet herbs, two cloves of garlic, four cloves, and one tablespoonful of water, put on the lid, place the saucepan on the fire, which should be very quick, when the meats begin to stick and evaporation takes place it will commence to hiss, a sign that all moisture has left the meat, then remove it a distance from the fire, and by tilting the stewpan with the hand you may see if the fat is clear, and if so, you may remove it; then add in a teacupful of warm water, and gradually run more in, until you have consumed two quarts, occupying about ten minutes in so doing, and when boiling, skim and let simmer for two and a half hours, observing that if the meat is all flesh it will take longer; but it is preferable when made from different kinds of meat. After you have skimmed and taken off all the fat, pass through a tammy cloth into a clean pan, and it will keep for a week.

**GARLIC SAUCE.**—Take six sprigs of parsley, twelve spring onions, six mushrooms, each the size of a crown piece, half a clove of garlic, the whole to be well chopped, set in a stewpan on the fire with two ounces of butter, adding a teaspoonful of flour, stir in gradually a pint of gravy, and when the sauce is boiling, let it reduce by one half, then put in two finely chopped gerkins, now have ready half a pint of gravy into which beat up the yolks of three eggs, let boil ten minutes more, season with salt and pepper moderately, and use the sauce where requisite.

**ROAST MUTTON SAUCE.**—Put in a stewpan six eshalots and half a glove of garlic, having previously well pounded them together, add a teacupful of broth to saturate the same,

and two tablespoonsful of gravy, and season lightly with salt and pepper, boil for ten minutes, then pass through a tammy into a clean pan and when served warm it up.

**THE GENTRY'S SAUCE.**—Take two ounces of butter, brown it slowly in a stewpan with a tablespoonful of flour, and when it gets of a light brown colour, add to it three large onions minced, with two ounces of butter, when ready put in a pint of gravy, then skim off the fat, and let it boil half an hour; when wanted season with salt, pepper, vinegar, and mustard. This is an excellent sauce for roast turkey or pork.

**SPANISH SAUCE.**—Take two tablespoonsful of gravy and half a pint of Cape wine or ale, and as much water, two sprigs of parsley, six spring onions, half a clove of garlic, two cloves, and half a bayleaf, a pinch of coriander, two tablespoonsful of salad oil, an onion cut in slices, about two ounces of carrot, and the same quantity of parsnip, put the whole in a stewpan, boil two hours on a slow fire, season with salt and whole pepper, take off the fat and use the same where requisite.

**GERMAN SAUCE.**—Put into a stewpan half a pint of gravy, with as much water, one dessert spoonful of chopped parsley blanched, two livers from any kind of roast poultry finely minced, two ounces of butter, season with salt and whole pepper, mix these well and let boil ten minutes. This sauce can be used with poultry, veal, and game.

**ENGLISH SAUCE.**—Boil hard and chop the yolks of two eggs, put them in a stewpan with an anchovy, and a dessert spoonful of chopped capers finely minced, half a pint of gravy, a slight pinch of salt, a few grains of whole pepper, and an ounce of butter mixed with flour, say a teaspoonful, then let the sauce thicken on a slow fire fifteen minutes. This sauce is excellent over many made dishes whose appearance require something to cover them.

**SULTANA SAUCE.**—Take a pint of gravy, half that of

Cape wine or ale, and the same of water, two slices of peeled lemon, two cloves, one clove of garlic, half a bayleaf, a teaspoonful of chopped parsley, and one ditto of spring onion, with two inches of carrot from the small end, boil the whole for one hour and a half, on a slow fire, and reduce it to a degree so that it is neither too thick nor too thin, pass it through a tammy, then add a little salt, a few grains of whole pepper, the yolk of an egg well beaten, another teaspoonful of chopped parsley blanched, set on the fire one minute and use when required. This sauce to be used over lamb cutlets and hashed turkey.

CAPER AND ANCHOVY SAUCE.—Put in a stewpan an egg of butter mixed with a teaspoonful of flour, when melted add a gill of gravy, an anchovy chopped, one dessert spoonful of capers, a nip of salt, a grain or two of whole pepper and two spring onions whole, place on the fire again and boil ten minutes, take out the two onions, and use the sauce for fish, or even boiled mutton.

EGG SAUCE.—Take a gill of gravy, a dessert spoonful of vinegar, a little salt, a grain or two of whole pepper, the yolks of three eggs boiled hard and then bruised, two ounces of butter mixed in a teaspoonful of flour, thicken it on the fire, and use for pork or hashed poultry.

SHARP SAUCE.—Put in a stewpan two ounces of butter, with two large onions sliced, two ounces of carrot, ditto of parsnip, a sprig of thyme, one bay-leaf, a little basil, two cloves, four shalots, a spray of parsley, and a spring onion or two: put on the fire, and boil gently till nicely coloured; then add half a teaspoonful of flour already mixed in a table-spoonful of gravy, and half this quantity of vinegar: boil on a slow fire; skim off the fat, and pass the same through a tammy; season with salt and whole pepper. Use this sauce for all things requiring a *piquant* adjunct.

COLD SHARP SAUCE.—Pound a tablespoonful each of tarragon, chervil, spring onions and three eschalots; mix

the whole with a tablespoonful of French mustard, two ditto of oil, and a dessert spoonful of French vinegar; season slightly with salt and pepper. Stir it up, and use the mixture with cold meat, chops or steaks.

**RELISHING SAUCE.**—Take an ounce of butter, two or three onions sliced, the quarter of a carrot and the same of parsnip cut very fine, half a clove of garlic, two shalots, two cloves, one bay leaf, a sprig of thyme, a little basil; put the whole in a stewpan on the fire, until it begins to colour; then add a teaspoonful of flour mixed up with half a pint of cape wine or ale, same quantity of water, one tablespoonful of vinegar, and a little sugar; let all boil for half an hour, skim off the fat, pass the same through a tammy; season with salt and whole pepper. Make use of this sauce for any dish requiring a relishing addition.

**GREEN SAUCE.**—In a mortar pound a handful of sorrel, press the juice out and pass through a tammy; take a piece of butter rubbed in flour, adding salt and whole pepper; thicken all on the fire. This can be used as a sharp sauce with fish or meat.

**WHITE SAUCE.**—For all plain boiled vegetables. To four ounces of fresh butter put half a teaspoonful of flour mixed with a little water, a nip of salt, ditto of grated nutmeg; place on a slow fire for ten minutes, than put the pan on the hob and add to it eight more ounces of butter, cut in dice, which you add in by degrees, stirring with a wooden spoon continually; you may also put with it a little lemon juice, or a tablespoonful of vinegar, if you intend using it for cauliflowers, salsifis, young carrots, artichokes, celery, or cardons.

**ONION SAUCE PUREE**—For roast mutton, lamb and mutton cutlets, and pork chops. Take seven or eight large onions, cut in slices, and put them in a stewpan with four ounces of butter, set on the fire till they become of a light brown colour; moisten them with a tablespoonful of gravy, or Spanish sauce, a teaspoonful of sugar, and a little salt and pepper, then pass this mixture through a tammy. It does not require any more boiling.

**DUTCH SAUCE**—For turbot, cod, and other boiled fish. Take four ounces of fresh butter, a teaspoonful of flour, the yolks of two eggs, salt, pepper, and a very small portion of nutmeg, mix the whole well: add in a good wine-glass of water, and the juice of a lemon. Place the saucepan on a slow fire, stirring very carefully all the while with a wooden spoon, and if it gets too thick, add in a little more water. In order to make this sauce more delicate you may gradually add more fresh butter, whilst away from the fire.

**SWISS FISH SAUCE**—For salmon, cod, trout, or turbot. Take a pint of the fish water, and in it put a bunch of sweet herbs, with a gill of red Cape wine, two tablespoons of Spanish wine, a little salt, and pepper: have ready some anchovy butter made as follows; after you have scraped your anchovy and taken out the back-bone, pound the flesh with two ounces of butter, and the addition of a little flour; place these in the hot sauce, stir to thicken, and add a teaspoonful of sugar; pass all through a tammy, and keep hot until wanted.

**CREAM SAUCE**.—Put in a saucepan a quarter of a pound of fresh butter with two tablespoonsful of flour; put on the fire and add some milk or cream; stir round with a wooden spoon, to mix well and prevent its being lumpy; when smooth put in a little salt and pepper. From the moment it begins to boil keep on stirring it for a quarter of an hour, then add some very finely-chopped parsley which has been scalded; if too thick, add a little more milk or cream.

We now end our series of sauces with one for fish, which has been communicated, and highly recommended.

**ROYAL SAUCE**.—Put into a stewpan half a pound of the best fresh butter, cut up into pieces, then beat the yolks of four fresh eggs, one tablespoonful of elder vinegar, one ditto of soy. Place the pan on a slow fire, stirring with a wooden spoon until it boils, then another four ounces of butter in pieces to soften the same; keep the fire slow, stirring continually, until it becomes of a proper substance; and in the event



of its thickening too much, add in a little more vinegar, and if this makes it too acid, put in a drop of water; and as soy is naturally salt none need be used, unless absolutely necessary. To keep this sauce smooth, when it is done immerse the pan in which it is made in a larger one containing boiling water.—(*Bain-Marie*.)

**THICKENING FOR SAUCES.**—Take two ounces of butter and four ounces of flour, set these on a slow fire in a stew-pan until they become of a light brown colour; let it cool, and add broth enough to bring it to the consistency of cream; again put it on the fire, and boil gently for half an hour; take the scum off, and use it as required.

**OBSERVATIONS IN REFERENCE TO PRECEDING SERIES OF SAUCES.**—Some of the above sauces may be considered rather above the reach of the million, still there are times when they may wish to produce something extra rich in cookery.

How singular it is that the English have such a dislike to garlic. True, in itself it is a powerful and rank vegetable, yet when blended with sauces it loses its nausea, and becomes a valuable adjunct to whatever it may mingle with; whilst at the same time it assists the circulation of the blood, increases perspiration and appetite, aids digestion, and is so essential in most cases of concoction that we have with reason so frequently had recourse to it.

**SAUCE FOR BOILED FOWL.**—Consisting of a little butter, flour, and chopped parsley; this is in itself a very insipid accompaniment, and we feel convinced that if it were not for the attending bacon or ham added generally to the same, it would truly be tasteless. However, as some may enjoy its presence, we shall not put our veto against its remaining a standard adjunct, provided chopped capers, with salt and pepper, are added.

**EGG SAUCE.**—This is another insipid preparation, and we would ask what amount of taste can there be produced from hard boiled eggs chopped, and the usual pasty white sauce,

which generally attends a dish of salt fish, together with parsnips? Persons may say it is customary to send these articles up with fish: then we contend that the custom is a bad one; still, until the habit is got rid of, we must let the "Browns" and "Smiths" enjoy their whims, in spite of the laughter of the frog-loving Frenchman. (See recipes how to dress salt fish.)

**BREAD SAUCE.**—Whoever invented this sauce, made with bread and milk, must have done so for the sake of pleasing a disappointed urchin, who, perhaps, could not tackle a high partridge without the introduction of a dish of pap by the cook. However, as it is a popular sauce, we will let those who like it enjoy the same, but a highly-seasoned brown sauce is to be preferred.

**APPLE SAUCE.**—This is a simple sauce, but to our notion a bad assimilation when eaten with roast pork or goose; a rather sharp sauce is more suitable.

**CURRANT SAUCE.**—Where this sauce is used, we would recommend in its stead, a sharp or poivrade sauce, which is really preferable.

**ROAST BEEF SAUCE.**—Horseradish grated and mixed with a little mustard, pounded sugar, and vinegar, is very nice, still, grated horseradish steeped simply in vinegar, is equally as good, and furthermore there can be no doubt that the meat is at the best of times injured by the action of these condiments.

**CAPER SAUCE.**—With boiled mutton is an excellent addition; it is made with flour, water, and butter, with capers chopped, and a little salt and pepper. Lobster, shrimp, anchovy, and oyster sauces, made with thin melted butter, are all delicious with fish.

**MELTED BUTTER SAUCE.**—As generally brought to table is much too thick and tasteless, which evil is obviated by adding, whilst being made, a little more salt, pepper, and a drop of vinegar, or lemon juice, not forgetting to put more butter and less flour.



## HOW TO COOK FISH.

The old fashion of cooking fish with aromatic plants is nearly forgotten, but herbs are only used as part of the dressing of a certain class of soft water fish; therefore, as a rule, plain boil all fish in salt and water.

**TURBOT.**—The king of all fish; we are tempted to include this recipe, although it comes expensive. To boil it put a handful of salt at the bottom of the fish kettle, then pour in cold water, and a little milk, so as to cover the turbot, laying your fish on its back; place over its uppermost side sheets of paper so as to prevent the scum from discolouring it, place the kettle on a sharp fire, and directly it boils take it off, letting one end of the pot only feel the action of the fire. Simmer for two hours according to size. However, when it gives to the touch it is done. Dress and ornament with parsley where required. Two sauces generally accompany it, caper and lobster.

**TURBOT COLD.**—Cut in square pieces the remains of the fish, raise them up on a dish, having seasoned them with a little pepper and salt, then pour over them a little oil and French vinegar, and a little sharp sauce.

**SALMON.**—A whole salmon, or a large piece of one, will take about two hours to cook, using a gentle fire after it has once boiled. The sauces used are either caper, anchovy, or a Dutch sauce.

**SALMON COLD.**—Dressed with a good salad sauce is exquisite. (See salad mixture.)

**COD FISH.**—Should be boiled as salmon, but it is as well to rub it over with salt if cooked on the same day, but if kept until the day following the salt will make it eat firmer. Either shrimp or oyster sauce are used, but a white sauce will do as well, and is much cheaper to make.

**CRIMPED COD.**—If fried let it be done in plenty of boiling fat, using anchovy sauce over.

**SALT FISH.**—Generally when in season this fish is bought and eaten the same day, and is only soaked in water a few hours before boiling, the consequence is that it is generally tough. Now if you would eat salt cod to enjoy it, you must first of all observe if the flesh is white, and not of a yellowish appearance, for if it is it must eat stringy and harsh, therefore soak it in water, placing the skin uppermost, for at least twenty-four hours, but if not very salt less time will do ; then divide it in two or three pieces, boil it on a slow fire, putting it in cold water ; when it begins to simmer, draw it off the fire, leaving it on the hob for half an hour, and serve it with capers, or a good butter sauce made as follows : to a quarter of a pound of fresh butter, put half a teaspoonful of salt, a quarter ditto of white pepper, dessert-spoonful of chopped parsley, the juice of a small lemon, with a teaspoonful of flour, beat the whole together, and use the whole or half, which you now put into a stewpan. When hot and melted pour it over the fish, or serve it in a sauceboat, and plain boiled potatoes.

**DRIED SALT COD OR STOCK FISH.**—*The good Housewife's family dish.*—Put eighteen potatoes well-washed, and twenty-four middling sized onions, not peeled, but with their stems and heads cut off, lay your potatoes at the bottom of a stewpan, and the onions on them, then place your fish cut in large pieces on these, cover all with water, place the pan on a slow fire, taking care that it does not boil, only simmering. When the fish is done (which fact you can ascertain by a touch) take it out with a skimmer, and lay it on a dish covered over with a cloth, then make the liquor boil to get the onions first done, and then the potatoes ; in the mean time take the bones out of the fish, peel the onions, and serve all in one dish.

In another saucepan put half a pound of butter, two table-spoonfuls of flour, diluted with milk, let all boil on the fire for ten minutes, if too thick add a little more milk, then pour this mixture over your dish of fish, onions, and potatoes. Two cloves of garlic chopped fine and added to the sauce, is an improvement.

**SKATE.**—This fish requires to be well cleaned, and cut up into several pieces, these to be trimmed, and after having been boiled in the kettle with half a pint of vinegar, add a little salt. Now take out your portions of fish, skin them, and replace them to complete the boiling, serve with black butter sauce, made as follows: take two ounces of butter, which you put into a frying pan, and when it gets nearly burnt black, have ready some picked parsley, which you throw in it, add vinegar, salt, pepper, in proportion, and when sufficiently fried take it out and pour the butter over the fish, which may be, if preferred, eaten with capers or any other sharp sauce.

**SKATE, ITS LIVER, AND SAUCE.**—Boil the fish as in the previous recipe, and make the sauce as follows:—Put in a saucepan a teaspoonful of chopped parsley, the same of spring onions, three or four small mushrooms, the least bit of garlic, mincing all fine, together with two ounces of butter, a few capers, an anchovy, or a drop of anchovy sauce. Now take the gall out of the liver, after having boiled the same, mash the liver and add the same to the sauce, with a gill of broth or water, then put all on the fire, and boil gently ten minutes, and pour over your fish.

**FLOUNDERS, PLAICE, AND SOLES.**—These three kinds of fish are generally fried, and after being scaled and well washed, must be rubbed dry with a cloth, then pass the knife along the backbone, flour them, and fry in very hot fat on a clear fire, recollecting that slow cooking makes them eat flabby and greasy. They should be served in a cloth, and if a sauce is desired, use caper, or anchovy, or oil; vinegar, salt, and pepper, mixed on your plate, which also makes either eat very nice hot or cold.

**THE SAME ANOTHER WAY.**—Put either of the above in a flat enamelled dish, into which you put (for one fish), having made it hot, one ounce of butter, two tea-spoonsful of chopped parsley, one ditto of spring onion, one ditto of mushroom, a little salt and pepper; lay your fish between this mixture on the dish, put it then on a slow fire; when

nearly done, add half a tea-cupful of broth, and flavor it with a little lemon juice, serving to table as it is.

**SMELT.**—Simply rub them over with a dry cloth, flour over, and fry in boiling fat on a very quick fire, or do them as last recipe.

**MULLETS AND MACKEREL.**—Dress these two fish the same as flounders; the mullet must be scaled, the inside cleansed and well washed and slit up on each side, but the mackerel also should be cleaned out, well washed, and cut up along the back, and after having put either on a gridiron, and whilst they are doing, if you want to make them still better, prepare a little mixture of oil, pepper, and salt; dip an egg brush in it and pass over the fish once or twice: when done, serve with caper or anchovy sauce, or serve with hot butter, into which you have thrown some parsley to spread over, adding a drop of vinegar, pouring the same over the fish.

**ANOTHER WAY TO DRESS THEM.**—Oil over a piece of paper, large enough to wrap up the mackerel, which you have previously opened at the back at each end, and broil; then have ready a small piece of fresh butter, a little chopped parsley and spring onion, with salt and pepper mixed together; place this mixture inside the fish as soon as grilled; close it up and serve hot. Mackerel is naturally a dry fish and requires something to moisten it.

**THE RED MULLET.**—When you take the inside out save the liver to put in the sauce; this fish does not require much scaling, but should be cut across two or three times, on either side, with a knife, and grilled. Serve with caper sauce, or anchovy, with the liver minced up in the same.

**ANOTHER WAY.**—Soak the mullet in oil, salt and pepper them when on the gridiron, and when done rub over a little of the mixture as in last recipe. When ready, serve with a sauce made with a little butter, salt, pepper, and flour, diluted in a small quantity of water, adding to the same the liver, put on the fire to thicken, and pour over the fish.

**FRESH HERRINGS.**—After being well scaled and washed, rub dry and put them on the gridiron, and serve with them the following sauce : put into a saucepan two ounces of butter with a tea-spoonful of flour, a dessert-spoonful of vinegar, a table-spoonful of French mustard if handy, or ready-made English mustard, salt, pepper, and half a gill of water ; thicken the same on the fire ; when it has boiled five minutes pour it over the fish. Be sure to get the same ready whilst the fish are grilling.

**ANOTHER WAY.**—If you fry the herrings, mix mustard, vinegar, salt, and pepper on your plate—they eat very nice in this simple way.

**AROMATIC BLOATERS.**—After you have taken off the heads and tails of six herrings, soak them in water for four hours, and after this for two hours in a gill of milk, take them out, drain and rub them dry ; then take an ounce of butter, half a bay leaf, a little thyme and basil, chopped very fine, adding the yolk of an egg, a few grains of whole pepper, and make all these hot, then pass the herrings in this preparation, and bread crumb over, grilling them on the gridiron.

**BLOATER SALAD.**—Grill the herrings, when half-done extract the bones from the flesh, and let them get cold ; then chop up finely one onion, lay it over with oil, vinegar, and pepper, stir all up. This will be found a very appetizing dish.

**WHITINGS.**—After they have been drawn, washed, and rubbed dry, leaving the liver in, give them three or four cuts on either side, roll them in flour, and fry them on a sharp fire, and for a change serve them up with either caper or anchovy sauce, or dress them as flounders or plaice.

**ANOTHER WAY.**—Put six whittings in a flat enamelled dish, with a little butter, chopped parsley, and salt, lay over some bread raspings, let simmer until done, and serve hot in the dish.

**STURGEON.**—This fish is generally cut up in slices of an inch in thickness, rub the pieces over with eggs, and pass them through bread crumbs, chopped parsley, salt and pepper



mixed together, oil or butter a sheet of paper, well wrap the pieces up in the paper, broil gently, serve with anchovy, white, or ketchup sauce, or melted butter.

**LAMPREY.**—There are two kinds of lamprey, fresh and salt water: each are like an eel in form, and are only good in spring, when they are tender, delicate, and prime; at other seasons they are harsh and tough. They should be dressed as follows: cut in small lengths, and put in a saucepan, with a little butter, chopped parsley, spring onions, salt and pepper; stir the whole well, as they are cooking, and at the end of ten minutes take the fish out, roll them in bread crumbs and put them on the gridiron over a slow fire. The following sauce is used:—

Fry a dessert spoonful of flower, ditto spring onions, parsley, and mushrooms, all chopped fine, with a few capers, and an anchovy also chopped, adding a little pepper and salt, with a gill of fish liquor, or broth, thicken with lobster reduced into pulp; pour this sauce over the lamprey.

**MUSSELS.**—After they have been washed, scrape the shells, and put them in the stewpan, then on the fire, the heat makes them open, then take them out of their shells, extracting the small crab sometimes found in this shell-fish, with the beard; then again put them in the saucepan with a little butter, parsley, and spring onion, giving them three or four turns on the fire, adding now a little flour, with a little broth, when the scum has nearly boiled away, then put in the yolks of three eggs, mixed up with a little milk, and the juice of half a lemon, and in a few minutes serve them hot.

**HASHED OYSTERS.**—Open twelve oysters, put the liquor in a vessel, and the oysters in a saucepan, and when nearly boiling, take them out and put them in cold water, strain them off, cutting off the hard part of the oyster, which you chop fine, then pound eight ounces of cod fish, putting this with the liquor you have saved into the same pan with two ounces of butter, one tea-spoonful of chopped parsley, and one of spring onion, and ditto of mushroom; stir all this on

the fire, add half a tea-spoonful of flour, wet it afterwards with half a gill of white cape wine or a little vinegar and let it simmer till nearly all the sauce is reduced, but when you are ready to serve, add to it the yolks of two eggs diluted with a little milk and serve hot.

**FRESH WATER FISH.**—Soft water fish, such as eels, perch, gudgeon, and bream, are generally fried, and very good they are; but may also be dressed as follows :

**THE ANGLER'S STEW** consists of pike, carp, tench, bream, barbel, and eels, cooked in a stewpan, and eaten together, as follows :—Take one of each of the preceding, or whatever fish you happen to have of the largest species ; after they have been scaled and well cleansed, cut them each in three or four pieces ; add to them a few crayfish, without the legs ; have ready two or three dozen button onions blanched and half done, also two dozen button mushrooms ; now put in a stewpan four ounces of butter with a dessert-spoonful of flour ; brown the same and put the fish in it, together with a bunch of sweet herbs, a pint of cheapest red wine, salt and pepper, with the onions and mushrooms ; put the pan on a quick fire, and whilst it is doing, make six little balls of butter and flour, which you throw in at intervals to thicken the sauce, and if found too thick, add a little more broth, and reduce it by one-third. Twenty minutes will complete this rich and delicious dish.

**SEWED EELS.**—Cut one or two pounds of the eels in three-inch lengths, boil them in water with a gill of vinegar and salt for five minutes, and take them out. For the sauce, put in the stewpan four ounces of butter, a desert-spoonful of flour with half a pint of broth, a gill of ale, or a little vinegar, salt and pepper, six small onions cut in quarters, and the same quantity of small mushrooms, or some ketchup ; when done, thicken the sauce with the yolks of two eggs, and the juice of half a lemon, or a little vinegar.

**LOBSTER.**—The best lobsters are taken off and about Scarborough and Northumberland ; they reach an enormous



size, but the largest are not the best. There are two kinds in the market; those of a light colour are called the hen lobster, the flesh of which is more firm than the other; it is, however, not so delicate as the deep red lobster, they are both excellent, although their flesh is not very digestible. The practice of eating lobster for supper is bad, and is often the precursor of that disagreeable companion, the nightmare. They must be dressed as follows:—select the moist or creamy part of one, and the eggs of another, pound the same and pass through a tammy; add a teaspoonful of French or Soyer's aromatic mustard,\* the yolks of two eggs, and a little pepper, two table-spoonsful of tarragon vinegar, and more or less of the best olive oil; mix well together, and serve this sauce in a boat; or cut up a cos-lettuce, pick the flesh from the lobster, place it on the top of the salad, and over this pour the mixture; turn the whole over and over for five minutes, and pass round the table, each helping himself. do not eat too much. This mixture will do with cold turkey, fowl, or fish.

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## ON THE VALUE AND USES OF THE OX IN COOKERY.

This most valuable and domesticated animal, forms a large portion of the dinners of the community of Old England, and consequent on its popularity Englishmen are nicked-named after his bullship. In London alone upwards of one thousand oxen are consumed daily, to say nothing of cow-beef, which is so often palmed off as genuine ox meat. The flesh of the ox is more tender and nutritious than that of its mate, and at the age of four years he may be considered in his prime.

In the reign of King John an ox roasted whole was supposed to possess a superior flavor over a decimated beast;

\* To be had at Messrs. Crosse & Blackwell's, Soho Square.

and Soyer, in the year 1851, had a regular gas apparatus fixed on the grounds of the Symposium, and there, once a week, the entire animal was sacrificed on the huge gridiron; but we must admit that, although ourselves devotees to this identical roast, our conviction is that such exhibitions were more suited to astonish the eye of the looker-on than the palate of the consumer. Beef is, at all seasons, the groundwork of many dishes, and may be obtained equally good in all parts of the kingdom; still, that which is of a dark crimson color, fattened, and well covered, is the best of beef generally, and if wanted for roasting or boiling, a piece of beef ought, in winter, to be kept four or five days after killing; two or three in the spring, or autumn; and in summer, one or two days at the most.

**BEEF DRESSED IN VARIOUS WAYS.**—Those parts of the ox cut up and used as food consists of the tongue, palate, kidney, heart, suet, tail, buttock, round, loin, surloin, rump, aitchbone, thick and thin flanks, fore-rib, middle-rib, clod, sticking, and neck piece.

There are other commoner pieces much cheaper also from cow beef, which we shall treat on, and from them many nourishing and cheap dishes can be made.

**HOW TO CURE A TONGUE.**—Take two ounces of salt, the same of sugar, and one ounce of saltpetre, rub them well in, and let soak in same for five or six days, and at the end of this time, add two more ounces of salt, and by occasionally rubbing the mixture well in the tongue, it will be fit for cooking in twelve days at the most. If you wish to smoke it, use the mixture on it for three days, or hang it in a dry place, and when required for eating four and a half hours will do it.\*

\* A patent was taken out some time since by Mr. Fitch, 66, Bishopsgate Street, Within, for a peculiar prepared salt to cure tongues, hams, cheeks, etc., by which the necessity of smoking these is avoided, and yet preserving the same flavor as if they had gone through the usual process. Having made use of this salt, we can speak as to its great merits, and would recommend it particularly to those who have not the convenience of curing in the ordinary way.

**ROASTED TONGUE.**—A fresh tongue must be parboiled, so as to allow of the skin being taken off, then cover the tongue over with slices of fat bacon tied round; put the tongue between a double spit, so as to prevent perforating it, and roast half-an-hour before a quick fire. Serve with roast mutton sauce.

**RAGOUT OF TONGUE.**—Take a dried tongue, soak it four or five hours, boil it three, skin it, and cut half in slices as follows:—Take a pint of strong broth or gravy, add a tea-spoonful of chopped parsley, two of chopped mushrooms, salt, and pepper, put these in a pan on the fire; when boiling, put in three or four little balls of flour and butter, to thicken the sauce, then in this pan put the slices for five minutes and serve hot.

**RAGOUT OF PALATES.**—Clean them well and boil them slowly until well done, take the skin off, and cut the palates in thin slices, then cut a large onion in thin slices to fry in two ounces of butter, when half done, put the palates in with a gill of broth, salt and pepper, let simmer for twenty minutes; chop a gherkin, and thicken with the yolks of two eggs well beaten up with two table-spoonsful of the sauce, boil three minutes and serve.

**FRIED PALATE.**—Cut two palates of beef in three strips, make a brine of vinegar, slices of lemon, a little salt, sprigs of parsley, and spring onions whole; let your strips of palate soak in it, when they have taken the brine, prepare a frying paste as follows:—put in a pan a handful of flour, a table-spoonful of oil, a little salt; mix in this by degrees a little mild ale until the paste comes to the consistency of cream, then put your palates in the paste, take them out again, and fry them in hot fat of a good color, serve as hot as you can.

**TRIPE.**—The usual way of dressing tripe stewed with milk and onions until tender may be palatable to some, but it is at all times most insipid,—as a change for the better the following may be submitted with confidence. —

**THE HOUSEWIVES' DISH OF TRIPE.**—Boil in water two pounds of tripe until done, afterwards cut them in oblong pieces; take two large onions cut in quarters, put them in a saucepan with two ounces of butter; when half done put the tripe in, seasoned with salt, pepper, and a little vinegar, and a teacupful of broth, let simmer half an hour; when ready to serve, add a dessert-spoonful of French or English mustard.

**PROVINCIAL TRIPE.**—Three pounds of tripe, parboiled and cut in squares, can now be fried in butter until they become of a light gold colour; then cut in thick slices six large onions, which you fry separately in hot fat, when of a yellow tint, put them with the tripe and a gill of hot gravy, let simmer fifteen minutes, and serve with the juice of half a lemon.

**THE COTTAGE PAN OF BEEF.**—Take three pounds of lean beef, cut in thin steaks, one pound of streaky bacon in thin slices, have an ounce of allspice ground fine, one dessert-spoonful of chopped parsley, and the same of spring onions, mix the three ingredients together; now put in your deep earthen pan a layer of beef, one of bacon, and sprinkle over with the mixed herbs, then add another layer of beef, and so on until you nearly fill your pan; then lay on the top one bayleaf and half a calf's foot boned: add now a table-spoonful of rum, and fill up to the surface of the meat with broth, place the cover carefully on the pan, and put it in a moderate oven for two hours. This dish will be better cold than hot, and does nicely for breakfast or lunch.

**BULLOCK'S KIDNEY.**—We all know what a nice thing a kidney pudding is whether of beef, mutton, or veal. The kidney is cut in slices from the ox, whilst those of the other two animals are cut in thin steaks, and beaten flat with a chopper or rolling pin, and then each seasoned with salt, pepper, and chopped parsley; after you have lined your basin with pudding paste, add in your kidney pieces, close in, wrap up in a cloth, and place the same in boiling water,

and in about two hours it will be ready for serving. For a change try the following :—

**STEWED KIDNEY.**—Cut an entire kidney, of a nice red colour, into slices, and put it into a saucepan with two ounces of butter, or fat, with a very little salt, pepper, chopped parsley, and spring onion, also the least piece of garlic scraped, when nearly done, and a table-spoonful of thickening; take care you do not let the kidney boil, but simmer, as it may get tough.

**A HOTCH POTCH OF OX TAIL.**—Cut the tail in short lengths, and put the pieces in three pints of broth, with a bunch of sweet herbs, and a slight twinge of salt; at the expiration of two hours and a half, add in an onion, a middling sized carrot, a parsnip, and turnip, all cut in quarters, half a small cabbage cut in strips, blanching all these in boiling water and salt, drain them off and put them in cold water. Now place your ox tail and all the pieces of vegetables and herbs in a saucepan, and let them boil gently two hours; when you have strained out the whole, put in a little more thickening, season with salt and pepper, place the vegetables first on the dish, then the pieces of ox tail on top and sauce over.

**SAVOURY OX TAIL.**—When making ox tail broth as you do beef soup (see page     ), the tail may be dressed as follows: When cold, eat it in pieces, prepare a marinade thus—mix a small quantity of oil with salt, pepper, parsley, spring onions, and two shalots, all chopped fine, and, if acceptable, a twinge of garlic scraped, put the tail in this, stirring it round, so as to let all the above ingredients adhere to it, then roll each piece in bread crumbs and broil them, and if any of the marinade remains, put it over as it broils.

**BRAISED BUTTOCK, OR BRISKET, OF BEEF.**—These parts of beef are the best suited for stewing. Take six or eight pounds of beef and bone the same, then put it in a stewpan not larger round than the meat, add a pint of cape wine or



old ale, one of broth, one pound of pieces of veal, put on the top some slices of bacon with a bunch of sweet herbs, a little salt and pepper; when about half done, place in eighteen middle sized onions; when done, take out the beef, wipe off the fat, dress the onions round, add some of the sauce, or pour it over the meat. Any other sauce for meat may be used. (See sauces, page )

**ROASTING BEEF.**—The ribs and sirloin are considered the best roasting parts; allow fifteen minutes for each pound of meat; the fire must be clear, and the joint not placed too near at first, so that it gets warmed through before browning on the outside; baste frequently, and take care of the fat as it is of the greatest use in cooking. (For sauce, see horse-raddish.)

**HOW TO PROPERLY SALT AND COOK BEEF.**—Whatever piece of meat you salt, first wipe it dry, sprinkle it with salt, and then hang it to drain for a few hours; then well rub the salt in, turning it daily in the brine, if a large piece and not intended for immediate use. A small portion, weighing five or six pounds, can be saturated with salt, and hung one day and used the next, as follows:—flour a coarse cloth, tie the meat in close and place it in boiling water for a few hours, adding carrots, parsnips, or turnips. We have already given our opinion on what can be done with the liquor of salt meat.

**ROUND OF BEEF.**—For a large joint, a salting tub is requisite, where the meat must remain in pickle some time before it is cooked, and when wanted for use, it requires seven or eight hours' cooking.

**PICKLED BRISKET OF BEEF.**—Take the bone out of about seven or eight pounds of the brisket, lard it with large pieces of bacon, then put it in a pan the size of the meat, lay on the top some thick slices of fat bacon, season with a very little salt, allspice, a pint of old ale, and a dessert-spoonful of sugar, cover it over and close the edge with paste, put it in



the oven for five hours, dish up, skim the fat off, and pour the sauce over it.

**RUMP STEAK WITH OR WITHOUT OYSTER SAUCE.**—A rump steak tender, and nicely cooked, with its adjunct of oyster sauce, is a most substantial dish, and nowhere but in this country can it be had to perfection. The steak should not be too fresh, when it will eat very tender if broiled over a clear fire very sharp; prepare a little chopped onion, shalot, pepper, and a drain or two of ketchup on your dish; and rub the steak over with butter when serving. The oyster sauce is made as follows:—Open a dozen large oysters, strain off the water in a stewpan, cut the oysters in two or three places, and add a little grated nutmeg with the juice, make it hot, then put in the oysters for few a minutes; prepare a piece of butter the size of a walnut rubbed in flour, divide this in three or four portions, put them in with a little milk: see that all are properly heated, and served in a boat, or pour it over the steak.

**FRENCH BEEFSTEAK.**—This steak is generally cut from the ribs or fillet of beef, often from the latter, which, in French cooking, is the most esteemed part of the ox. The steak is cut one inch thick right across the fillet, and flattened down with a chopper, and thus formed nearly round in shape; it is then soaked in olive oil, to make it still more tender, then it is placed on the gridiron and broiled on a clear fire; in eight minutes it is turned, and the other side is done in six minutes; it is then placed on a hot dish on which is previously put a little butter, parsley, and a little juice of lemon, all well mixed together. Fried potatoes sprinkled over with salt are served round it.

**BEEF STEAK WITH ANCHOVY BUTTER.**—The only difference between this and the last recipe is, that you pound three or four anchovies, taking out the bones, and mix them well with the same quantity of fresh butter, which you make use of the same way as described in French beefsteaks.

**HASHED BEEF.**—Put in a saucepan a teaspoonful of chopped parsley, ditto of mushrooms and spring onion, with a gill of broth, boil ten minutes, and then add a little thickening; put in one and a half pounds of sliced beef, do not let it boil, season with salt, pepper, and a gherkin cut in thin slices.

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### MUTTON DRESSED IN VARIOUS WAYS.

The best parts of the sheep are the leg, quarter, shoulder, neck, loin, and the saddle; then the tongue, kidney, trotters, &c. Mutton is very nourishing, easily digested, and to be in good condition should be hung a few days before using, according to the season.

**LEG OF MUTTON.**—The usual way of dressing a leg of mutton is either by plain roasting or boiling, serving with the last caper sauce; both these are excellent dishes, and the first may be greatly improved by making use of Soyer's Sauce for gentlemen the most delicious sauce ever introduced, by mixing it with the natural gravy from the meat. The leg for boiling does not require to hang long. Continental cookery has its own way of cooking the same; and perhaps their plan may for a change prove not unacceptable to our readers.

*Note.*—This sauce, with Soyer's relish, sultana, ladies' sauce, and aromatic mustard, all of superior qualities, may be obtained of the manufacturers and proprietors, Messrs. Crosse and Blackwell, Soho-square, London, and all respectable oil shops.

**SMOTHERED LEG OF MUTTON.**—First lard the leg with strips of fat bacon, and put it in a stewpan to brown, afterwards lay it in a covered pan with twelve mushrooms, a tea-cupful of broth, the same of cape wine, a seasoning of salt

and pepper, a bunch of sweet herbs, cloves, and nutmeg; thicken the same with fried flour; serve with fried bread cut in dice, and lemon juice. Two hours on a slow fire will do it.

**ROAST LEG OF MUTTON WITH HARICOT BEANS.**—This is a favourite dish in France. Half an hour before your leg is done, place the mutton in the dish you intend serving; one pint of haricot beans already boiled, so as to let the fat and gravy well saturate the same; when the leg is laid on the beans, add to them a little salt and pepper; the gravy will give them an excellent flavour. You should not forget to put a clove of garlic in the knuckle before roasting which gives it a delicious flavour.

**STEWED LEG OF MUTTON WITH GHERKINS.**—Put the leg into a long stewpot with a pint of broth or water, a small bunch of parsley and spring onions, a clove of garlic, three cloves, a little thyme, one bay leaf, two onions, one carrot, one parsnip; season with salt and pepper, cover over, put on the fire and stew gently; in two hours take it out, pass the sauce, skim the fat off, and reduce it by one half, and pour it over the joint. Take six middling sized gherkins, and cut them in half lengthways, blanch them, so as to extract the sharpness of the vinegar, put them in a thick gravy made very hot, and pour round the mutton on the dish when serving.

**HAUNCH OF MUTTON ROASTED.**—To bring this nice joint to table in proper condition, it must be well hung, then washed with vinegar, covered over with a paste of flour and water, and tied up in coarse paper, and roasted in a cradle spit, not too near the fire. Serve with a nice gravy.

**SADDLE OF MUTTON ROASTED.**—This joint must also be hung a short time; and fifteen minutes before serving sprinkled over with a little salt, then basted and flour dredged,

**SHOULDER OF MUTTON ROASTED.**—When roasted serve with it onion sauce (see page     ) and mashed potatoes.

**LOIN OF MUTTON** can either be roasted, or boiled if wanted to make broth, add vegetables of various kinds.

**COTTAGE STEWED CUTLETS.**—Take six chops, cut the end of fat off, put the chops in a saucepan with two ounces of butter, and when they become brownish add in a gill of cape wine or ale, and a gill and a half of broth; have ready twelve small onions, let these simmer half an hour, then add four ounces of streaky bacon, with half a carrot and half a turnip cut in small fillets, a sprig of savory herb, a tea-spoonful of vinegar; and when the cutlets are done, after skimming off the fat, pour the sauce over, laying the vegetables on top of them.

**HARICOT MUTTON.**—This dish is made either with a shoulder of mutton cut up, or with the breast, or any other parts being first cut into pieces of about two inches by one and a half, and then as follows:—Take three pounds of mutton, pass it in fat or butter for five minutes in a saucepan, then take out the meat, put a dessert-spoonful of flour in the pan, brown it, add a clove of finely chopped garlic, replace the mutton in the pan, put a pint of broth or water in it, six middling sized onions, a bunch of sweet herbs, season with salt and pepper, and let simmer two and a half hours with the following added: either potatoes, turnips, or carrots, or all these together, cut up in small quarters—say six potatoes, two carrots, and two turnips, passing the two latter in butter and sugar first, and then all laid over the mutton. You must not stir the contents of the pot up with a spoon, else the vegetables will break, but simply tilt the saucepan up a little to take off the fat; when you dress up take out the vegetables carefully, put the meat on a dish and serve them round and sauce over.

**HOW TO MAKE THIS DISH IN A SUPERIOR STYLE.**—Have some nicely cut chops with very little bone, cut your carrots and turnips in the shape of small dice; when nicely fried in butter and browned over this dish has a tempting appearance.

**SCRAG OF MUTTON.**—This is generally used to make mutton broth, and when vegetables and rice, with a seasoning of salt and pepper is added, it makes a nice family dish.

An entire scrag will serve a family of three persons twice, and will not exceed fifteen pence in cost.

Should you want a change, take the scrag out of the broth fifteen minutes before done, sprinkle it with salt and pepper, have ready some chopped parsley and spring onions mixed with crumbs of bread, roll the scrag in it, and broil over the fire; have a sharp sauce over. (See page )

ANOTHER WAY.—Take a scrag of mutton, put it in a saucepan with a pint of broth, salt, pepper, and a bunch of sweet herbs; in two hours it will be done; serve with dressed vegetables, consisting either of turnips, cucumber, celery or cabbage.

HOTCH POTCH OF BREAST OF MUTTON.—Can be made the same as the two last, either whole or cut up, and served with dressed turnips. How to make the hotch potch, see hotch potch of ox tail, at page .

SEMI-FRIED CUTLETS.—Cut up into chops a fore quarter of mutton, put them into a saucepan with a little butter, fry them, turning every now and then until they are done; then take them out to drain off the fat, a table-spoonful of which you leave in the pan, add a gill of broth, a chopped shalot or two, season with salt and whole pepper; boil these fast so as to get off what may remain attached to the pan, then add the yolks of three eggs, stir round and put in the chops—do not let them boil—add a little grated nutmeg, and a few drops of vinegar.

BAKED SHOULDER OF MUTTON.—Cover with very thin slices of bacon the bottom of a baking pan, as near as possible the size of the shoulder; peel and slice three onions, lay them over the bacon, cut up in very thin slices one carrot, and a parsnip, half a bay leaf, a few leaves of basil, half a pint of water, or broth is preferable, with a very little salt and pepper; put the shoulder on the top of these, and after being cooked in an oven, take the shoulder off, pass the sauce, take the fat off and mash the vegetables, which mix with part of the sauce and then pour the reemainder over the mutton.



**HASHED MUTTON.**—Cut into neat slices your cold mutton, dredge it over with flour, season with pepper and salt, then put the pieces in a stewpan with a little broth or warm water, place it on the fire, shaking the pan round by the handle ; when hot add a gherkin, cut up fine, and a few red peppers ; mind that the hash does not boil. Any sort of cold meat done this way is excellent, but if you allow the meat to boil it will get hard.

**ANOTHER WAY.**—Cut into slices two or three onions, according to the quantity of your hash, fry them lightly brown, add a table-spoonful of Spanish sauce (see page ) and chopped parsley, stir round and add a little warm broth, salt, and pepper ; let this reduce by boiling eight minutes, then put in your sliced meat to get hot, and serve.

**FAMILY STEW.**—Cut up two or three pounds of the cheapest parts of mutton, such as the neck, breast, or scrag, put the pieces in a stewpan with six quartered onions, fry a little on the fire, then season with a dessert-spoonful of salt, a teaspoonful of black pepper ; cover the whole with water, then add on the top enough potatoes to cover the surface, put your lid on and let stew on a slow fire two hours and serve.

**SHEEPS' TONGUES IN THE PAN.**—Take three tongues, boil them, and when done take the skins off, cut them each in two, lengthways, put them in the saucepan with broth enough to cover them, with about two table-spoonsful of bread raspings, boil a few minutes, then pass the liquor through a coarse tammy, working it well with a wooden spoon, then add a gill of old ale, a little parsley, spring onions, and mushroom, chopped fine, a small nut of butter, with salt and pepper ; boil the whole half an hour, and serve.

**BREAD-CRUMBED SHEEPS' TONGUES.**—Cut up into strips three boiled tongues add two table-spoonsful of thickening (see page ,) in an enamelled dish, have ready a little parsley, spring onions, and mushrooms all chopped fine, of each a tea-spoonful ; put half this mixture over the thickening,



and the tongues on this, and then the rest of the herbs, then cover the whole with bread crumbs, on which you add two ounces of butter divided into three nuts, so as to prevent the crumbs turning black, put the dish on a slow fire, cover it over and on the lid, which should have a rim, put some hot ashes, when of a nice color serve as it is.

**GRILLED SHEEPS' TONGUES.**—Cut lengthways three tongues, pass them into the following mixture: parsley and shalots, chopped fine, saturated with a little oil, salt, and pepper, then roll them in bread crumbs, and put them on the gridiron, have ready your sauce made as follows: put in a saucepan two ounces of butter, the yolks of two eggs, two dessert-spoonsful of verjuice, or one of lemon juice, a little broth, salt, pepper, and a sprinkling of nutmeg, turn on the fire until well thickened and serve over.

**SHEEPS' TROTTERS WITH WHITE SAUCE.**—These will be found very nice eating, and are much superior than when plain boiled; in fact the only places in London where they can be purchased dressed, are at the street corners, where the partakers buy them with their seasoning of salt for a half-penny. As they can be rendered very palatable we will give the receipt. When they have been boiled, say a dozen, bone them, then put the meat into a saucepan with three ounces of butter, a teacupful of broth, a bunch of sweet herbs, salt and pepper, boil them for half-an-hour on a slow fire, then take them out, lay them on a clean cloth, to drain off the fat, and dress them on a hot dish with either of the following sauces:—Dutch sauce, or chopped caper sauce. Or they may be dressed as follows:—Put the trotters in a saucepan, with a large piece of butter, a dessert-spoonful of finely chopped parsley, salt and pepper, stir them round a few minutes, and add a gill of broth, reduce it, and put the yolks of four eggs beat up with a little milk or cream, stir it well without letting it boil, and serve it with a little lemon juice or vinegar.

**MUTTON PUDDING.**—For the way to make this, see bullock's kidney pudding, page .

## LAMB.

Lamb is in prime order from March to August, the flesh must be white, and the kidneys well covered with fat. The saddle, the fore and hind quarters are generally roasted, and the other portions of the lamb are used for made dishes. Any joint of lamb will take about one hour roasting before a moderate fire, and then served with mint sauce or else sharp sauce, and if you serve it with dressed vegetables, such as spinach, chicory, peas or fried potatoes, the joint must be introduced by the name of the vegetable you serve it up with, and to make the gravy very nice, put in the dish a small piece of fresh butter, a little white pepper, and the juice of a lemon.

**HASHED LAMB WITH A WHITE SAUCE.**—For any kind of cold roast lamb finely sliced, put in a saucepan a gill of broth, a teaspoonful of vinegar, a little salt, pepper, the yolks of three eggs, a teaspoonful of finely chopped parsley; when hot, put in three small balls of butter and flour to thicken the same, then add your lamb; do not let it boil, and serve hot.

**LAMB CUTLETS, BREAD CRUMBED**—When once seasoned with a little pepper, and egged over, pass them in bread crumbs, fry them in butter, and serve with a little hot gravy.

**LAMB'S TONGUES.**—The same as sheep's tongues. (See page     ). All dishes made from lamb are dressed much alike, whether sautied,\* grilled, or fried, in the pan. The sauces, or the vegetables with which they are served, being the only difference, as regards the names to be given to the dishes.

\* Sauté means anything cooked in a frying-pan with a small quantity of butter or fat; whether cutlets, thin steaks or poultry, one side must be done first, and then turned, if quickly done it will keep the gravy in the meat and produce a succulence not otherwise attained.

## VEAL.

Veal, to be in proper condition for the table, should be white and fat. Inferior veal is of great utility in cookery, and supplies a variety of dishes: the flesh is gelatinous, nourishing, and refreshing, and easy of digestion, and therefore suitable for all ages; the head, brain, ears, and tongue, pluck, sweetbreads, leg, knuckle, shoulder, neck, heart, chumps, feet, kidney, and liver, are the varieties we shall treat upon.

**ROAST FILLET OF VEAL.**—Before putting this joint in the cradle spit, prepare your veal stuffing as follows:—Take three ounces of bread crumbs, same weight of fat bacon or finely chopped suet, one dessert-spoonful of chopped parsley, a tea-spoonful of marjoram, a little pepper, salt, two eggs, with a tea-spoonful of white sugar, and a little milk. If you want to make it still better, add twelve oysters cut small; when all is well mixed, and it should still not be compact enough, add a little bread crumb; put your stuffing between the flap, which you fasten up with skewers, and tie up the fillet in a sheet of paper buttered over. Allow fifteen minutes roasting for every pound of meat. A shoulder of veal is also stuffed before roasting. Ham or bacon are served with these joints, melted butter with a little ketchup sauce to pour over is a great improvement.

**KNUCKLE OF VEAL.**—This joint is generally boiled with a piece of bacon, and if you add a cabbage, a parsnip, and carrot, with a little salt and pepper, and half a burnt onion, you may have from your liquor a good broth, using it the next day, when you boil with it four ounces of rice.

**CALF'S HEAD.**—Before boiling take the jaws out, and let them soak in water one night, then take a stewpan, and in a basin mix smoothly with water a handful of flour, put this in your pan in which you have already put sufficient water, and be sure it boils before you put the head in, adding

to it a little salt, pepper, a bunch of sweet herbs, two onions, one carrot, and one parsnip; when the head is done, in three hours' time, take it out to drain a little: take the brains out to serve with a sharp or Italian sauce. It can be eaten also with chopped parsley and onions, with vinegar.

**CALF'S HEAD BREAD-CRUMBED.**—Put the head into a broth pot, having first taken the jaw bones out, add in a gallon of cold water, set it on a gentle fire to boil, skim, add a small bunch of parsley and spring onions, three shalots, three cloves, one bay leaf, a sprig of thyme, a little basil, salt, whole pepper, and in three hours' time take out the head to drain; sever the bone that covers the brain; set the head on a warm dish with a sauce made as follows:—

**THE SAUCE.**—Put in a saucepan a piece of butter the size of an egg, a tea-spoonful of flour; season with salt and pepper, the yolks of three eggs, two table-spoonsful of vinegar, mix them all together, and add a gill of broth; thicken it on the fire, and when of a nice consistency, pour it over the head, which you now throw bread crumbs over, adding a little warm butter; then place it in an oven till it is of a nice light brown color; then tilt the dish sideways and so extract all the fat; serve up with a sharp sauce. The broth from this makes an excellent soup with rice or any other vegetable, flour.

**PICKLED CALF'S HEAD.**—Cut up the remains of a cooked head into small pieces, put these into the following mixture for several hours:—Have some oil, vinegar, salt, pepper, and two onions sliced, when sufficiently pickled, take the pieces out, dry them in a cloth, and fry in fat, which must not be too hot.

**CALF'S TONGUE.**—Do this as ox tongue. (Page )

**CALF'S BRAINS.**—When you boil a head, and wish to dress the brains, do so as follows:—Mix a handful of flour with a dessert-spoonful of oil, a gill of white wine, and a seasoning of salt; cut the brain in two, and put the pieces in paste, fry in very hot lard until the paste is crisp.

**CALF'S LIVER.**—This is commonly fried with bacon, which make a nice dish; but you may do it the same as ox tongue (page     ), larded with pieces of bacon, and done in a saucepan with a cupful of broth; seasoning with pepper, salt, and a small bunch of parsley, and served up with a sharp sauce.

**THE HOUSEWIFE'S CALF'S LIVER.**—Cut a liver into large slices, extracting the hard nerves; put the slices into a saucepan with a little parsley, shalot, and a few spring onions, all chopped fine, with a piece of butter or lard; fry a little, add a tea-spoonful of flour with a gill of warm water, and as much white wine or a little vinegar, salt, and whole pepper; let boil half an hour; mix the yolks of two eggs with a tea-spoonful of lemon juice, and when the liver is cooked, add these to thicken the sauce without letting it boil.

**THE SIMPLETON'S CALF'S HEAD.**—When the liver is cut up, put the pieces in a frying-pan with some chopped shalots, say two table-spoonsful, about an ounce of butter or lard, season with salt and whole pepper; let all be done slowly, and before serving add a tablespoonful of vinegar.

**CALF'S PLUCK** must be blanched fifteen minutes in boiling water, and then laid in cold water; afterwards cut it up and put it in a saucepan with a table-spoonful of flour, a gill of vinegar, and the same of broth; add salt, two onions with a clove in each, a bunch of sweet herbs; cover and let simmer for an hour and a half; serve with a sharp sauce, or fry into paste as at page     . This dish can also be served like a fricaseed chicken with lemon juice.

**BREAST OF VEAL** is also dressed like a fricaseed chicken. Cut it in square pieces, and put them in water to blanch; then pass them in a saucepan with a little butter, a bunch of sweet herbs, a few small mushrooms, a little flour, and some broth; when done take the fat off, thicken the sauce with the yolks of two eggs, mixed with a little milk; add a small drop of lemon juice when you dish up.



This dish can also be served like a fricandeau when braised (see page        on braising), also with dressed asparagus or green peas; cut the breast in square pieces, blanch, and put them in the saucepan with a piece of butter, a bunch of sweet herbs, some good broth, put on the fire, and add cullis (see page        ); when ready to serve, put a little sugar, and if you want to make a curry, add a table-spoonful of curry powder instead of the yolks of eggs.

**BROWNE BREAST OF VEAL.**—Take a breast, which you cut in square pieces, or let it be dressed whole; make a browning of butter and flour; when ready, put in the stewpan a pint of broth or water, and then the veal, which you do on a slow fire, season with salt, pepper, a bunch of sweet herbs, a dessert-spoonful of vinegar; when ready take the fat off and serve with a little sauce.

Other parts of veal may be dressed the same way, with either of the following:—asparagus cut small, green peas, carrots, and turnips cut in dice, chicory, purée of sorrel, mushrooms stewed, purée of onions, or soubise sauce. (See soubise sauce, page        )

**VEAL CUTLETS IN PAPER.**—Cut them nice and thin, seasoned with salt, pepper, parsley, spring onions, mushrooms, and shalots, the whole chopped fine, and mixed well with oil and butter, pass them in the mixture, then wrap each up in paper screwing up the thick end, and let the other end be visible, put them on the gridiron, when done take off the paper, lay the cutlets on another sheet of paper buttered, and serve hot.

**CALF'S FEET.**—To boil these mix a little flour in a basin with cold water, and a little salt, put this in the saucepan with as much water as will cover them, when they are done you may eat them plain, with salt, pepper, vinegar, oil, and finely chopped parsley.

**FRICASSEE OF CALF'S FEET.**—Cut them up when they are done, as above, put the pieces in a saucepan with two ounces of butter, mushrooms, a small bunch of parsley,



spring onions, two shalots, a bay leaf, a little basil, and two cloves, pass them on the fire, and add a tea-spoonful of flour, half a pint of broth, with salt and pepper, boil half an hour, when reduced to half, add the yolks of two eggs mixed with a table-spoonful of vinegar and as much broth; to thicken stir round by the handle of the pan, but do not let it boil; serve hot.

**STEWED CALF'S FEET.**—Take four calf's feet, place them in a stewpan with cold water; when done drain them on a cloth, put them in a stewpan with two table-spoonsful of lemon juice, a piece of butter, of about four ounces, with a tea-spoonful of flour; season with salt, whole pepper, two shalots chopped fine, mix these first on a plate, then put them in the pan with the feet, add a gill of broth, let them stew gently for half an hour; dish up with an anchovy chopped fine which you mix with the sauce, and if this is not acid enough put with it a little more lemon juice.

**FRIED CALF'S FEET.**—Boil as above, plain, when done, divide them by halves, put them in a marinade of salt, pepper, vinegar, shalots, parsley, spring onions, chopped thyme, bay leaf, and basil, when they have acquired sufficient taste from the pickle, flour them over, fry and serve with fried parsley.

**CALF'S SWEETBREADS.**—These are used in many made dishes; they should first be soaked in warm water, and afterwards blanched for eight minutes in boiling water: they can now be used in any stew.

**STEWED SWEETBREADS WITH SWEET HERBS.**—Chop finely some fennel, parsley, and two cloves of shalots, mix these with one ounce of butter, salt and pepper over slightly, take three or four sweetbreads, prepared as in previous recipe: prick them on the top so as to allow the butter and herbs to penetrate into them; then place them in a saucepan with a few pieces of bacon on the top, a gill of cape wine, and as much broth, put on a slow fire to simmer gently for forty-five minutes, and if you have any coulis put in a table-spoonful and serve.

**FRIED SWEETBREADS.**—Place them in warm water for an hour, and then in boiling water for fifteen minutes, thence in cold water, divide them in three pieces each, then put in a stew pan a little piece of butter and flour mixed together, with a gill of vinegar, a gill of water, three cloves, three shalots, three spring onions, a sprig of parsley, a bay leaf, a little thyme, basil, and pepper, warm all these and take it off the fire as soon as the butter melts, you then put in the sweetbreads to pickle in this sauce for an hour and a half; take them out, drain them in cloth, wipe them, and flour over, fry of a nice color, dish up and serve. All kinds of marinade for pickling are made the same.

**CALF'S KIDNEYS.**—Can be done the same as bullock's kidney, but in cooking it is used roasted to make forced meat; for which purpose you chop it fine, and add some of the fat off the kidney, with parsley, spring onions, and mushrooms all chopped, and mixed with the yolk of one or two eggs seasoned with pepper and salt, and used as required in made dishes. Excellent omelets are also made with it, mixed with the eggs, when beaten together before putting in the frying pan. (See omelets, page     ).

**HASHED ROAST VEAL.**—Cut up the cold veal in very fine slices; put in the stew pan some chopped parsley, spring onions, shalots, salt, pepper whole, a pat of butter, and a little flour, stir round, to mix well, and after simmering fifteen minutes, put in your slices of meat to warm, before serving add the juice of a lemon.

**VEAL PIE.**—The breast of veal is a good part for this nice dish. Cut it up in square pieces, put them in a pan with some of the fat to fry a short time, season with pepper and salt, a few onions and a bunch of sweet herbs, with a teacupful of water, prepare your paste (see page     ), and roll it thinly round your pie-dish to the width of an inch and a half; lay the meat in and cover over with the rest of the paste, wetting with water the band of paste previously laid round the dish to make the crust adhere, make a small

perforation in the centre of the crust, and with the egg brush wipe over the same, it will give a nice color. Some forced meat balls in the pie is an improvement.

Meat pies made from beef, mutton, lamb, rabbit, and poultry are to be made in this way.

**FRICANDEAU OF VEAL.**—This is a very favorite French dish, but requires great care and attention, and some practice to prepare it. However we will give the recipe. The best piece for the purpose is the fillet, cut about an inch and a half thick, which should be about eight inches long by four in width, and larded fine on one side, with strips of bacon, each a quarter of an inch square, and two inches in length, so that both ends of the bacon protrude out of the meat in even rows (these fricandeaus can be obtained at most poulterers ready larded,) when ready, blanch the fillets, and afterwards put into a saucepan with half a pint of broth, with a bunch of sweet herbs. When done, take it out, and skim the fat off the sauce, passing the liquor into another saucepan through a tammy, reduce it on the fire, until very little is left, then place your fricandeau in to glase it (in culinary language glacé,) that is to say, reduce the gravy and put it on the meat, or by taking a brush dipped into the glase and passing it over the meat or poultry, while on the fire, or in the oven, to leave a fine light brown appearance to the article thus treated. Put the fricandeau afterwards on a dish, add to the reduced gravy, a little coulis or strong broth, season to your taste, and pour it over the fricandeau. It can be served with dressed sorrel, chicory, or spinach (see dressed vegetables, page )

**LEG OF VEAL.**—This part of the calf is of the greatest use in the kitchen, because, with it, are prepared the following veal gravy, restoratives, coulis, and also the foundation of sauces for partridges, woodcocks, and in the way of fish, pike, carp, eels, &c. It also gives a body to many little dishes, makes forced meat for pies and various finely prepared made dishes; it is also the leg and feet which are used to make jelly for the sick. Although it may be strange that

in such a publication as this, we should confine ourselves to the simplest style of cookery, still we are tempted to diverge occasionally from our path, for the benefit of the housewife, whose duty it is, however humble her lot, to know the uses and purposes of all things appertaining to cookery in general.

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### CULLIS FOR GRAVIES OR SAUCES.

This preparation is mostly to be found in kitchens where a professional man or woman cook are engaged, and it is a kind of rich stock for sauces, used to give more consistency to gravies, soups, and made dishes. To make it good, the rule is one pound of meat to a gill of water. When you begin operations you lay in the saucepan half a pound of bacon or ham cut in small pieces, three pounds of veal cut three inches by two, afterwards add in three onions, one carrot, ditto parsnip, with three gills of water; put on a slow fire, so that the juice gets properly extracted from the meat, then brighten up your fire until the meat nearly sticks to the pan, then lower the fire again, and let the veal really stick to the bottom of the pan, but slowly, by which means a grating or rich browning is produced. You then take the meat and vegetables out, and put in the saucepan three table-spoonsful of butter and flour worked together cold, turn it about on the fire until it acquires a fine light brown color, then you add three gills of hot broth; put the meat in again to simmer for two hours, skimming off the fat very often; when done, pass through a tammy or coarse cloth, and use it when required.

Its color for use should be of the appearance of cinnamon. Whatever kind of meat you make use of the process is the same; still, to make a perfect cullis, there must be some portions of veal in it.

**VEAL GRAVY**—Is also obtained by putting in the saucepan a little bacon onions sliced, a few pieces of veal, drawing

the essence out on a slow fire, getting it to stick to the pan without its burning, adding some broth, and boiling for half an hour, then passing it through a tammy.

**VEAL JELLY.**—Put into a stewpot an old hen or lean fowl, with one pound and a half of leg of veal, three pints of water; set on the fire to boil, skim well, and boil gently for three hours, again skim the fat off and pass through a close tammy cloth, then put it again in a saucepan on the fire, with a slice of green lemon with the rind cut off; if you have none add in a few drops of white vinegar, also four ounces of white sugar, a pinch of salt, two ditto of coriander, a small piece of cinnamon, boil fifteen minutes, and then put in three eggs broken, shells and all, boil gently, stirring often, until your jelly is clear, and reduced to a pint and a half; pass it through a white napkin then, previously dipped in hot water, carefully wring out all the water, pass your jelly into vessels, let it set quickly in ice if convenient.

**THE INDIAN RELISH.**—Take eight ounces of rice, put it in a stewpan with broth, add four ounces of dripping or lard; when the rice is three parts done, and gets thick and fatty, take it out and lay it one inch thick, at the bottom of an enamelled deep dish, then add a teaspoonful of curry powder, mix it well with the meat which you lay on the rice, then cover the whole with the remainder of the rice so that no meat may be seen, smooth over with a knife, cover it and put the dish on hot ashes, or in the oven, if the cover has a rim round it put hot ashes on it, in either case let it remain until the rice has obtained a good color; when ready to serve, take any fat off that may lay on the surface; then put on the rice any sort of hash made of one or several sorts of meat, which has been done in a well seasoned sauce. Any sort of stews can be made use of provided there is not too much sauce.

**HASHED MACEDOINE.**—Take whatever roasted meat you may have, either beef, lamb, mutton, veal, pork, poultry, or game, let either be chopped finely; put on the fire a saucepan,



with a piece of butter, parsley, spring onions, and shalots chopped fine, also a tea-spoonful of flour wetted with a gill of broth, as much gravy, and a little salt and pepper, simmer fifteen minutes; then put in your minced meat, let it get hot without boiling, otherwise it will eat tough, and to thicken the same, add, if you have any, a little cullis, and if not, put a tea-spoonful of fine bread rasping; when you serve the dish, have toasted bread cut in diamond shapes, which lay round the dish.

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## PORK.

Pork is a nice flavoured meat, but should not be too old or too young: seven or eight months is allowed to be the age for eating pork to perfection; and our little volume would not be complete unless we gave some of the best methods of dressing the different parts of this animal. It must, however, be borne in mind that its flesh does not at all agree with many people. There is, perhaps, a greater use of pork for food in England than in any other country. The Yorkshire hams are celebrated all over the world. Bacon is much used by itself, and also as an adjunct to many dishes; and in this country it is cured in a superior manner. The leg of pork, roasted or boiled, is a great favorite, so is a roast sparerib and the loin, and for boiling, the belly part and shoulders.

ROAST LEG OF PORK ought to be young to be good; it is usually stuffed with sage and onions, but these herbs are the cause, more or less, of this joint disagreeing with many partakers. Apple sauce is not the thing, but is preferable to the first, and, to our thinking, a good sharp sauce is its best attendant. The time for roasting is, to each pound of meat, fifteen minutes, remembering that it must be well done.

THE SPARERIB.—This joint is preferable to the leg, either hot or cold, and it eats nice with a sharp sauce.



**BOILED LEG OF PORK.**—Boiled leg of pork is a delicious joint, and an advantage is that a very nice broth can be made of the liquor, by adding carrots, turnips, and, if liked, parsnips, cut in dice, with a little celery, also cut small ; boil a cabbage with the leg. You may precede your joint by serving broth, which may be easily made by adding patent barley, in the proportion of one dessert-spoonful to a pint of broth. Robinson and Bellvilles' patent prepared barley is a superior article, and may be used with great advantage in cookery, and with the liquor of boiled pork makes an excellent potage.

For the following day use peas with the remaining liquor. It does equally as well, but is not so delicate.

**SUCKING PIG.**—This juvenile should not be too mature when introduced to the spit : bread-crumbs, sage, salt, and pepper, is the usual stuffing ; the brain should also be taken out and mixed with the gravy from the dripping pan ; or else use veal stuffing, which, with a sharp sauce, is very relishing.

**SOUSED PIGS' FEET AND EARS.**—Pigs' feet, ears, and head, properly salted, are very nice, but should they be not salted enough, as is often the case when purchased already prepared at the pork butchers, they are then positively not fit to eat ; not only because they have not been in the brine long enough, but also when bought already cooked, they are rarely done through.

In France (the cradle of cookery) everything prepared by the pork butchers is so well-seasoned, that one derives a great pleasure in knowing that no indigestion will follow its eating. In London, about the only French pork butcher is Mons. Hayes, of Prince's-street, Leicester-square ; and as a sample of what our neighbours can do with the pig, we append a few dishes, *à la Française*.

**PIG'S HEAD.**—When the head has been scalded and cleaned, take the larger bones out, get ready two or three pounds of sausage meat, well seasoned with salt, allspice, parsley, spring onions, shalots, and mushrooms, chopped

fine, to fill the interior; now wrap the head up in a cloth, cook it in a braise pan with broth, salt, and pepper; when done let it get cold in the pan, and serve on a napkin. This will be found an excellent dish for lunch.

**PIG'S EARS.**—Are done the same way, without stuffing, rolled in bread-crumbs, and broiled. They are also very good salted and smoked.

**PIG'S FEET.**—The same as ears.

**PIG'S TONGUE.**—When cooked in the braisepan, should be served with a sharp sauce: you may either salt or smoke this dish.

**HOW TO CURE HAMS.**—There are four noted places whose hams have acquired fame; these are Yorkshire, Westphalia, Bayonne, and Mayence. As the materials used in their curing are each distinct, as also is the way in which they are smoked, we will, therefore, not attempt to describe either, but will give an excellent and practical recipe for the benefit of those who may wish to cure a ham for their own consumption, or by way of speculation. The shoulder, as well as the ham, can be done in a similar manner. For the two, make a pickle of eight pounds of salt, four ounces of saltpetre, a mixture of odoriferous herbs, such as thyme, bay leaf, basil, mint, marjoram, savory, juniper, which mix with half wine lees and water; let the herbs infuse in this pickle for twenty-four hours; then pass through a coarse tammy, and let the hams remain in it for fifteen days; then take them to drain, rub them dry, and smoke them in a chimney where wood is principally burnt; when they are dry, in order to preserve them, rub them over with wine lees and vinegar, and cover them with wood ashes. When you wish to cook either, pare off what may appear bad, without breaking the rind; put it in water for two or three days, then place it in a stewpan, which should not be much larger than the ham; in it put three pints of water, one pint of old ale, carrots, parsnips, and onions, a large bunch of sweet herbs; set to simmer after boiling for five hours on a slow fire, and when done, let it get cold in its liquor; after-

wards take off very gently without disturbing the fat, and then you put on the ham some finely chopped parsley, a little pepper, and some fine bread rasping; then take a salamander red hot, and pass it over, so that the raspings form a compact body on the outside. When hams are new and small, they can be roasted, and served hot or cold.

**PORK CUTLETS STEWED.**—Cut six or eight pork cutlets, cook these with a little broth, a bunch of sweet herbs, a little salt and pepper, a sweetbread blanched and cut in dice; put all in a stewpan with a few mushrooms, and a few livers of poultry, a nut of butter, pass on the fire; then add a tea-spoonful of flour, a little broth, a gill of white wine or ale, and some gravy, to give a color to the stew; salt, whole pepper, and spring onions; let simmer and reduce; take out the cutlets, lay them on a hot dish, take out the bunch of sweet herbs, and sauce over.

**ANOTHER WAY.**—With the same quantity of cutlets, put a table-spoonful of chopped parsley, and two onions sliced, and fry with a little fat; when the onions change colour put a tea-spoonful of flour to brown, and then add a gill of broth, salt and pepper; let simmer until done: you may also add a gherkin cut fine; stir round and serve.

**HOW TO PICKLE PORK.**—You may pickle any part of the pig, though the fillet is best suited for this operation; however, take any lean parts, cutting either up to any suitable size, using one pound of pounded salt to every fifteen pounds of meat, rubbing either well over, then put them in your pickling pan or tub, as fast as you get either salted, and when full put the cover on air tight, if possible; you then make use of the meat at the end of five or six days, and if you wish to keep it longer add on it a little more salt, remembering that pork always eats better when fresh pickled; serve with a purée of peas, turnips, a dish of fresh cabbages, or a macedoine of vegetables. Always wash your pork in warm water if it should get too highly salted.

**BLOOD PUDDING.**—This is very delicious if made of pig's

blood only, and made accurately from our recipe. Whatever quantity of blood you make use of always add in it a little vinegar to prevent its curdling, mixing it well in. If you have two quarts of blood, cut in dice one pound and a quarter of pig's fat, which is used for lard, chop finely six onions which you cook in lard; when done add parsley and spring onions in moderate quantities, salt, pepper, and one pint of the best milk, and some allspice, manipulate the whole well, and stuff in the gut you have already prepared, but do not fill too full or tight, otherwise they will burst in cooking, tie up the two ends, and place the same in boiling water fifteen minutes; then prick a hole with a needle when you take them out, and if the fat only comes out they are ready, if not, they want a little more doing.

**DAIRY WHITE PUDDING.**—Put a saucepan on the fire, in which you put a pint of good milk, let it boil and add in a handful of bread crumbs, passed through the cullender, boil these, stirring the while, until the bread has taken all the milk, and it becomes thick; let it get cold; cut up six middling-sized onions in small quarters, and cook them with butter on a slow fire without colouring them. You take afterwards eight ounces of pig's fat cut in dice and mixed with the onions, and when you take it off the fire put in the bread crumbs with the yolks of six eggs, and a gill of cream, stir the whole together, season with fine spice, take the pig's gut already prepared, cut it into any lengths you fancy, tie the end and fill each three parts only, and then tie the other end also; when all is ready, have handy some boiling water, put the puddings in gently, let them boil fifteen minutes, then take them out, prick one of them with a needle, and if the fat comes out they are done; let them drain, wrap each up in paper, and put them on a gridiron, when done take them out of the paper and serve.

**PIG'S HEAD BRAWN.**—Take a scalded pig's head, clean it well, take out the eyes, and bone it, cut off the rind, leaving the ears attached, and then cut the whole of the meat into

strips, together with the tongue ; and if you have not enough to fill the head again, add some lean parts of the pig's feet, or half a cow-heel cut up ; spread these on a cloth and season as follows : salt, whole pepper, allspice, shalots, parsley, chives, thyme, and bay leaf, all chopped fine, adding half a grated nutmeg and a few cloves ; strew these ingredients over, mix well with the cut up pieces of pork, with which fill up the rind of the pig's head ; put it into a cloth ; sow it up to its former shape, put it in a stewpan just large enough to hold it, fill up the pan with broth, and a pint of old ale, letting it boil six or eight hours, with four onions, roots, thyme, bay leaf, basil, a clove of shalots, salt and pepper ; when done take it out, leave it until it gets cold ; carve as used.

**ITALIAN PORK CHEESE.**—Livers of all kinds, but chiefly of the pig, can be used for this dish : take four pounds of liver, two and a half pounds of fat bacon, twelve ounces of pig's fat, chop all these fine, season with salt, pepper, allspice, a very little sage, four cloves of shalots, thyme, and bay leaf, the whole chopped fine ; then cover the bottom of the round baking tin all over with a thin layer of fat bacon, and about one inch thick of the minced liver on the bacon, then another layer of square pieces of bacon on this, and so on ; mince liver and bacon as long as any remain : finish with fat bacon, put on the cover and bake for three hours ; when cold put the mould in hot water to let the contents slip out, and use it cold as required.

**FRENCH SAVELOY.**—Pork is generally used for saveloys ; the tender parts, with an equal mixture of fat and lean, is the best, say two pounds of lean, and twelve ounces of bacon chop the above coarsely with a little parsley and spring onions, also a pinch or two of mixed spice, and, if agreeable, a little garlic ; in this case divide your mince, put the half of the garlic in one part, and none in the other ; then put the mince into the gut prepared for it, tie up at each end, smoke them two days, and afterwards boil them in broth two or three hours, according to the size, without salt.



**PORK SAUSAGES.**—Sausages should be made with fat pork, chopped middling fine, and seasoned with parsley, spring onions, and a little sage, salt, and allspice, then put into the gut; you can, if liked, add shalots or onions, but whatever you add to give an extra flavor, must not be in any large quantity. Flat sausages may be formed by putting the sausage meat in the light web found in the pig, truffles are often added.

**PIGS' FEET AND EARS.**—These being properly sealed and cleaned require about four or five hours' boiling, then you cut the ears in fine strips, which you put into a purée of onions, pepper and salt, and a little French mustard, a short time before dishing up; whilst these last are doing, take the feet, divide them in two, rub them over with egg, and roll them in bread crumbs and fry; then you put over them the ears and purée.

**TRUFFLED PIGS' FEET**—When boiled as above described, bone them and fill with sausage meat, in which you have introduced a small quantity of truffles, cut in thin slices, wrap the feet in paper and grill them.

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## OBSERVATIONS ON POULTRY.

As we are not satisfied with the natural growth of poultry in general, these innocent volatiles are often condemned to an excess of feeding, accompanied with privation from light, in order to fatten them, and gratify the appetite of the gourmand. And although at the first blush there seems something cruel in thus stuffing these unfortunate bipeds, still we must say, that this way of fattening them improves the flavor and delicacy of their flesh; and whether we eat them roasted, boiled, stewed, or fried, hot or cold, or even stuffed a second time after being killed, we, in all the stages



of our existence, experience a pleasure at the sight of an entire or any part of a dressed fowl.

Before we give our recipes for dressing fowls, we shall be pardoned for observing that the art of the cook in France has been so profuse with varieties, that the great Napoleon was once astonished by the revelation of his favorite attendant, M. de Cussy (whilst eating the wings of a fowl à la tartare), "By heavens!" exclaimed his Majesty (turning hastily round), "I have hitherto found the flesh of the fowl tasteless and insipid, but this is excellent!" "Sire, if you will allow me, I shall have the honor of ordering one to be served to your Majesty daily, dressed in a new fashion." "How's that M. de Cussy, do you assert that you possess the secret of dressing a fowl in three hundred and sixty-five different ways?" "Yes, sire, and perhaps after that your Majesty may acquire a taste for gastronomic science (Napoleon not being a gastromome at that time)." "Very well, M. de Cussy, we will test your ability." The next day the Emperor cut the wing of his fowl with much attention; the third day he felt so interested, that he began to admire the resources of the art; and ever after that event, several cooks had orders to follow him in his campaigns.

We do not intend giving so many recipes ourselves, but enough, we hope, for a nice variety.

There are four kinds of fowl, namely—the capon, pullet, chicken, and the barn-door fowl. The capons and pullets from seven to eight months old are the best, from September to February, either for roasting or boiling, then the flesh is white, tender, and juicy; after those times the color changes to a reddish hue, and then they are only fit to use for common purposes; either to increase the richness of broth, or amalgamate with veal for gelatine. Chickens are used to better advantage for made dishes, and may be roasted; but the barn-door fowl is to be prepared for this purpose.

HOW TO PREPARE POULTRY.—As a general rule all poultry should be plucked as soon as killed, and not drawn

until they have been well singed, not burning them in the operation ; the drawing requires some care, else you are apt to break the gall ; have the gizzard open, and take the inside out. If for roasting it need not be singed.

**HOW TO SERVE PULLETS AND CAPONS.**—These are generally served roasted, as explained hereafter, and also as side dishes, when they are tender with sauces ; such as Spanish, Sultana, German, English, or sharp sauce.

**PULLET WITH SWEET HERBS.**—Put in a saucepan a piece of butter, two onions sliced ; lay the pullet breast downwards, cover it with two more onions sliced, half a carrot, and the same quantity of parsnip, both cut in strips, a bunch of all kinds of sweet herbs, and a little salt ; let this be done on a moderate fire, and when half cooked, add a gill of old ale ; when quite done, skim off the fat, and pass the sauce through a tammy ; add, if you have any, a little cullis, and sauce over the pullet.

**PARSLEY SAUCE PULLET.**—Take a pullet, cut it up, and put it in a saucepan with some good broth, salt, and a whole pepper ; when done, and the sauce is sufficiently reduced, put in it a teaspoonful of finely chopped parsley, which should have been previously passed in boiling water, and when you are about dishing up, add a little lemon-juice or vinegar.

**THE COOK'S PULLET.**—Make a stuffing with the liver of a fat capon, mixed with a nut of butter, parsley, a little scraped garlic, salt, whole pepper, the yolks of two eggs, and a little bread-crumb ; stuff your pullet with these, roast it, and baste with a little hot butter, in which you have mixed the yolk of an egg, and whilst doing powder it over with bread-crumbs ; when the pullet gets a nice colour, serve it with the following sauce :—put into a saucepan half a gill of broth, a drop of vinegar, an ounce of butter, all well mixed cold, with a little flour, salt, pepper, and nutmeg ; make it hot, and serve in the dish under the pullet.

**ROAST FOWL WITH WATERCRESS.**—Many there are who

assert that they understand roasting, but few succeed to do so in perfection; in order to enjoy a roast fowl as it should be served, the breast ought to be covered with a thin slice of bacon tied round it; it should then be spitted and placed before a clear fire for half an hour, but as a sure guide, if you touch it at the leg, and the same gives way, it is done. Such a fowl served with gravy and watercress, previously seasoned with vinegar and salt, is an excellent dish. On the other hand, a large fowl in good condition, stuffed with sausage meat, and served with gravy and bread sauce, is equally good.

**BOILED FOWL.**—The most scientific way of doing a fowl this way, is to soak it in milk one hour, tie it up in a cloth and put cold water in a saucepan, place your fowl in, and put the same on a slow fire; when boiling, remove it from the fire, and let simmer for about twenty minutes; remove it now altogether, and let it remain in the water ten minutes more before dressing; parsley chopped fine into some melted butter, a little salt, pepper, and some juice of lemon poured over, is the usual way of serving, with the adjunct of boiled ham, tongue, or bacon, which certainly gives a relish to a rather insipid dish.

**CAPON AND RICE.**—This is a very delicious dish, but requires attention. When your capon has been properly drawn and singed, rub it over with lemon, cover it all over with thin slices of bacon, tie the same on, and put in a saucepan with a carrot quartered, two onions, and cover the whole with broth; when boiling, let simmer for one hour. In the meantime wash and rub four ounces of rice (as per receipt), boil in it some of the broth in which the capon has been cooked, season with salt; take care that the rice is not too thick, beat up the yolks of three eggs with a little milk or cream to mix with the rice, and about an ounce of butter divided into nuts; stir round without boiling; put the rice in the dish, and the fowl on top, after having taken off the slices of bacon, and serve.

**FRICASSEE OF CHICKEN.**—This dish, although not difficult to prepare, still requires careful management; first, as regards the fowl being carefully drawn, singed, and ably carved into portions, the same way as a roasted fowl, without tearing the skin; after these points have been attended to, place the pieces in some warm water in a saucepan by the side of a fire, so as to keep the water of the same heat for half an hour; then throw away the water, and put some fresh in, enough to cover the contents, adding a bunch of sweet herbs, one onion with two cloves plugged in the same, and a little salt; when about half done, take the pieces of fowl out, wipe them gently with a cloth, and pass the gravy through a tammy; now put them in a saucepan with one ounce of butter, a small bunch of parsley, a few spring onions, a bay leaf, basil, and a few button mushrooms, put on a sharp fire until nearly all the sauce is reduced, now adding a teaspoonful of flour mixed in a drop of water; stir round and add, just prior to serving, the yolks of three eggs mixed up with milk; thicken without boiling; put in the juice of a lemon or a drop of vinegar, then dish up with the legs, breast, and wings on the top. A dozen very small onions cooked in broth without breaking, and put in the sauce at the time of dressing, is a very good adjunct.

**CHICKEN BREAD CRUMBED.**—Place any remains of cold chicken in a saucepan, with a few sweet herbs, salt, pepper, and a nut of butter, on the fire for a few minutes, with a little hot broth, simmer it gently, and when reduced, if you have any, add a tablespoonful of cullis (see page     ), dress on a dish and pass the same through a tammy over the chicken; have ready some bread crumbs to cover it all over, and now put a few small nuts of butter spread over the bread crumbs, and place the fowl in the oven until it gets nicely colored; serve.

**FRENCH DEVILLED CHICKEN.**—Take a chicken ready prepared as for roasting, divide it in two, here and there break the bones, warm a little butter with a bit of parsley,

add spring onion, shalot, and mushrooms, all chopped fine, salt and pepper; put the chicken in this pickle so as to soak it all up; then bread crumb all over it, and broil on a slow fire; serve dry, or with a little nice clear sauce.

**CHICKEN SEMI-FRIED.**—Divide the chicken in two, put both halves in a frying-pan with two ounces of butter, chop two cloves of shalots, a little parsley, spring onions, and mushrooms, add to these a pinch of flour, a gill of broth, ditto of old ale, season with salt and pepper and a teaspoonful of sugar, reduce the sauce by one half, skim off the fat; serve and sauce over.

**CHICKEN AND CAULIFLOWER.**—Chop the liver with a little parsley, spring onions, salt, and pepper, mix these with a piece of butter and bread crumbs, cover the breast of the chicken with a thin slice of fat bacon, butter a sheet of paper, place the chicken in it, tie it round and roast before a clear fire; not too near the chicken; in the meantime prepare some cauliflower boiled in a little water, butter, and salt; and when the chicken is done put it on a dish with the cauliflower round; serve with a little gravy or Soyer's Gentlemen Sauce.

**TARRAGON CHICKEN.**—Chop the liver, mix it with butter and six dessert-spoonsful of tarragon chopped with a little salt and pepper; put this mixture inside the chicken, and place the same in a saucepan to brown nicely with lard; in ten minutes take it out and tie a slice of thin bacon over the breast, wrap the chick now in a sheet of buttered paper and roast; in the meantime chop fine two livers, an ounce of butter, mixed with a little flour, ditto chopped tarragon, the yolks of two eggs, a gill of gravy, and the same of broth, adding a drop of vinegar, salt and pepper, warm all these, stirring the while; when well mixed and hot, serve the chicken.

**STEWED CHICKEN.**—Join the chicken to the giblets, adding some mushroom, spring onion, a small bunch of parsley, a clove of shalot, a bay leaf, thyme, and basil, two



cloves, a piece of butter ; place the pan on the fire and add a teaspoonful of flour, a gill of old ale, half a pint of broth, a gill of gravy ; reduce these one half by siminering, and add just before dishing up a little salt and sugar ; pass the sauce through the tammy and sauce over.

**CHICKEN WITH GREEN PEAS.**—Cut up a chicken, put the pieces in a saucepan with a quart of green peas, a piece of butter, a small bunch of parsley and spring onions, place on the fire ; in ten minutes add a tea-spoonful of flour, a gill of broth, and as much gravy ; stew until the sauce is reduced by one half, then add salt and sugar, and just before dishing up take away the herbs.

**FRIED CHICKEN.**—Prepare a pickle as follows : put into a saucepan a piece of butter mixed with a dessert-spoonful of flour, salt, pepper, and a little drop of vinegar, parsley, spring onions, thyme, bay leaf, and basil, three cloves, a middling sized onion cut in slices, a few slices of a carrot, and some water, warm this pickle on the fire, stirring the whole ; then put in your chicken already cut up in pieces, and let it remain there for three hours ; now take the pieces out, wipe them with a cloth and roll them in flour, fry them, and when done through, put a handful of parsley in the hot fat ; dress over the dish and serve.

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## TURKEYS.

Turkeys are generally roasted, larded or not, and stuffed. When cold, the next day, they can be served in various ways, such as already described for capons, pullets, or chickens. hen birds are the best, and the young turkey should always be roasted.

**ROAST TURKEY.**—To moisten its flesh, stuff it with well seasoned sausage meat, mixed up with the liver finely chopped, and twelve or eighteen roasted chestnuts nicely peeled, besides



a purée of onions ; cover the breast with large thin slices of bacon, and between these and the turkey lay thin slices of lemon. If young, roast for one hour and a half, and longer if larger, and baste them with their own gravy.

**BOILED TURKEY**.—Make a veal stuffing with a little chopped ham, bread crumbs, sweet herbs, and beef suet, some butter, and one anchovy, salt, pepper, a little grated nutmeg, and one egg ; put the stuffing in the crop, sew it up, and tie the turkey in a well floured cloth, then put it into cold water ; when it boils skim it ; at the end of half an hour take it off the fire, letting it remain in the saucepan a quarter of an hour longer ; serve with oyster sauce, or a thick caper sauce.

**SMOTHERED TURKEY**.—The following is the French way of cooking a turkey, especially if it should be an old bird :—use a long stew-pot with cover to fit, and just large enough to take the turkey, tying it round the legs and wings ; put at the bottom of the stew-pot a few pieces of bacon and three or four onions, sticking into one of them three cloves ; add some small carrots, a bunch of sweet herbs, a calf's foot, and the whole of the giblets, nicely cleaned, add in three pints of broth and a small glass of brandy, cover the pot and let it cook over a gentle fire from four to five hours ; when done, take the turkey out with the calf's foot, herbs, &c., and skim the fat off, add a little Spanish sauce ; reduce it and put what is left in a sauce-boat, or divide it between the turkey and the giblets, serving these and other ingredients in another dish ; carve according to the taste of your guests.

**TURKEY GIBLETS**.—These and all other giblets can be dressed in the same way ; proceed as follows :—when well prepared, put them in a saucepan on a quick fire, pass the whole in butter mixed up with a dessert-spoonful of flour, cover it with broth, add a bunch of sweet herbs, take twelve small onions, peel them, and if larger than a walnut cut them in two, add about the same quantity of turnips, pared in the shape of a pear, or, if for a change, the same quantity

of potatoes, let stew for one hour without stirring ; take up the giblets and vegetables, skim the fat, sauce over and serve.

**GRILLED LEGS OR WINGS OF TURKEY.**—Those already roasted must be warmed up in a good gravy, well seasoned ; take them out and soak them in eggs well beaten, then roll them in bread crumbs, and soak them in hot fat, and again rolled in bread crumbs and now grill them ; serve with a sauce remoulade. (See receipt.)

**PINIONS OF TURKEY.**—There are many ways of dressing these, we shall, however, confine ourselves to giving the style in which they are to be dressed or cooked. After being done in a braise you may serve them as follows :—

With sauces as for fricaseed chicken, fricandeau of veal, ragout of small onions, and Spanish sauce. (See receipt.)

**TURKEY POULT.**—Just as you dress a young capon or pullet, so you can a young turkey, and the cold remains of this, or turkey, may be done the same also.

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## DUCKS, DUCKLINGS, GEESE, AND GOSLINGS.

The most esteemed are the ducklings, and farm ducks well fed. For roasting a duck the drumstick should be thrown back and put under the thick part of the leg ; the liver should be chopped fine and mixed with a little butter, one finely chopped onion, a little sage and bread crumbs, salt and pepper ; put this stuffing inside, lay a slice of bacon on the breast, tie it, and roast about three quarters of an hour ; serve with a nice gravy. When this is required with other preparations, then plain roasting will do, merely covering the breast with or without a slice of bacon ; roast and baste with nice broth, and take it off the spit a quarter of an hour earlier, when you can serve it as follows.

## OF COOKERY.

**DUCKLINGS WITH GREEN PEAS.**—Put in a saucepan two ounces of butter with a tea-spoonful of flour, brown it on the fire, then add a gill of broth, stir round, season with a nip of salt; when hot add in a quart of green peas, a bunch of sweet herbs, and spring onions; stew these on a slow fire for six minutes, then put your roast duckling in with these for ten minutes longer and serve.

**DUCKLING WITH A PUREE OF PEAS.**—(See *purée of peas*.)

**DUCK AND SWEETBREAD.**—Cut up a sweetbread in dice with four ounces of streaky bacon cut also in very small dice, a little parsley, spring onions, shalots, and mushrooms, all chopped fine; mix the whole together with a little salt, and pepper, stuff the duck with these, sew up, put a slice of bacon on the breast, tie it, and either roast it, or put it in a stewpan with a gill of broth, ditto of ale, a piece of parsnip, as much carrot, a bunch of sweet herbs, stew for one hour; when done pass the sauce through a tammy, skim off the fat, add a drop of cullis if handy, reduce the sauce a little, and pour over the duck.

**DUCK AND TURNIPS.**—When your duck is trussed, put two ounces of butter in a stewpan with a table-spoonful of flour, brown these of a nice color, and add a gill of broth, put in the duck with a bunch of sweet herbs, a little salt and whole pepper; have ready twelve good turnips, cut each in the shape of a pear smaller than an egg, put them in at the same time as the duck, if they should happen to be rather hard, but if they be young, put them in when the duck is half done; and when cooked take it out, skim the fat, add a tea-spoonful of vinegar, lay your duck in a dish, and turnips round, pass the sauce and pour over. If you want to dress it in a superior manner, dress the duck as above, but the turnips should be done as per recipe.

**DUCK AND SPRING VEGETABLES.**—Cut a duck into four portions, put these in a stewpan with six turnips cut as in last recipe, with the same quantity of spring onions, parsnip,

six small onions, blanch these vegetables for six minutes, and then put them in with the duck, and a pint of broth, together with four ounces of bacon cut in strips leaving the rind to it, tie these in a bunch, and add a bunch of sweet herbs, a very little salt; when all is done, dish up the duck, put all the vegetables round, skim the fat off the sauce, add, if handy, a little cullis; sauce all over the duck and serve.

**ROAST GOOSE.**—To be in perfection for roasting it should be young, the skin fine, and the fat white; season the inside with salt, pepper, sage and onions; tie a little paper over the breast, roast one hour, not too near the fire at the onset, and when you find the breast getting plump, remove the paper; serve with good gravy and apple sauce, or the following will be found very nice:—put into a saucepan one ounce of butter mixed cold with a little flour, a table-spoonful of mustard (French if handy), a tea-spoonful of vinegar, a wine-glassful of gravy or broth, salt and whole pepper, put all on the fire, stir till well mixed, and serve under the goose. The giblets are to be dressed the same as those of the turkey.

**ROASTED GOOSE**—as done in France.—Chop the liver fine, mix it with beef sausage meat, a few chesnuts, first roasted, add pepper, salt, nutmeg, parsley, and spring onions, all chopped fine, also twelve other roasted chesnuts already pceled and roasted; put all inside the goose, sew it up, and roast it for an hour, serve with gravy, and, if handy, a little cullis, so as to make the gravy thick.

**STEWED GOOSE** is done the same as smothered turkey. (See receipt).

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## PIGEONS.

Pigeons are not bled, but smothered, and they can be used immediately after being killed. Do not pluck them until they are wanted; crop them well, and carefully draw and wash them. Many side dishes are prepared with pigeons.

**ROAST PIGEON.**—The best for roasting are the tame ones ; the liver and a little fat bacon should be chopped together and put inside ; cover with a vine leaf, and a thin slice of bacon tied over the leaf, and roast for half an hour ; serve with ravigotte, shalot, or Italian sauce.

**HOMELY PIGEON.**—When drawn and trussed, with legs turned inside, blanch them in hot water, and then in cold, pick them clean, and then put them in a stewpan with a little broth, a bunch of sweet herbs, mushrooms, artichoke bottoms, if any, parboiled or not, salt and pepper, when done, serve with reduced sauce, or the yolks of three eggs, beaten up with broth and a little chopped parsley, warm and pour over.

**PIGEONS STEWED WITH GREEN PEAS.**—Pluck three or four pigeons, divide, truss, and put them in boiling water, then rub them dry, and place them in a stewpan with a little butter, a quart of green peas, a bunch of parsley, pass on the fire with a tea-spoonful of flour, and a gill of water, stew them on a slow fire until all the sauce is pretty well evaporated ; then put a little salt, beat up two eggs with a little milk, mix these without boiling, and serve.

The same may be done with asparagus, cut very small, and done the same as peas, only they must be put in boiling water six minutes ; then take them out and put them in cold water, drain and use as peas, adding savoury herbs, and two cloves.

**FRITTERS OF PIGEONS.**—Prepare a marinade with a little butter and flour mixed cold, salt, pepper ; vinegar, and parsley chopped fine, thyme, bay leaf, and chopped onion ; make these hot, mix them well, and then take your roasted pigeons cut in quarters, and let them lay in this marinade for an hour ; have ready a batter of flour, old ale, and a teaspoonful of oil ; take the pigeons out of the pickle, and pass the pieces of pigeon in the batter, fry them in hot lard, and serve.



## GAME.

Our intention is to give a few game recipes for dressing the principal birds, such as pheasants, partridges, grouse, woodcocks, snipes, quails, and plovers. The pheasant (says M. Brillat Savarin), when eaten within three days of its being killed, has nothing particular in its taste; it is not so delicate as a capon, nor does it possess the perfume of the quail; but when the pheasant acquires a certain high flavor, then its aroma develops itself, and with it arises a kind of essential oil, which requires fermentation to evaporate, when the pheasant has reached this stage, then it may be plucked for cooking, otherwise it loses its flavor.

**ROAST PHEASANT.**—This is cooked nearly the same as a turkey, and served with a nicely seasoned gravy, and bread sauce; but if the liver is chopped fine and mixed with rasped bacon, a little parsley, spring onions, salt, and whole pepper, made into a stuffing, it will improve its cooking; then cover the whole breast with a thin slice of bacon tied round, and covered over with paper; roast and serve with the above sauce.

**PARTRIDGES.**—There are two kinds of partridge, the red legged and the grey bird: both these should have spotted feathers, which will show them to be young and good. The red partridge, when young, has also at the tip of the feathers of each wing, a white spot, this mark will not be found in any old bird; whilst the young grey, or common partridge, have their wings pointed; the wings of the old partridge are round.

**ROAST PARTRIDGE.**—We need hardly recommend the young partridge for roasting: pluck them with the exception of the head and part of the neck, and truss them the same as a chicken; either lard them or tie a slice of thin bacon over the breast; put round the neck and head a piece of paper either buttered or oiled, which you remove when done: serve with a nice gravy and bread sauce.



**PARTRIDGE SEMI-FRIED.**—Divide three partridges each into four portions ; butter the bottom of the pan over, and place the pieces in ; season with salt, pepper, and a little nutmeg ; fry gently until nicely browned ; add a little shalot, and parsley chopped fine, after a few minutes a dessert-spoonful of flour and a little mushroom ; stir round, put in a gill of old ale, and the same quantity of broth ; when this nearly boils, dress the partridge on a dish, and if the sauce is too thin, reduce to thicken it.

**PARTRIDGE AND CABBAGE.**—This is a very favorite and old French dish. Truss as for roasting, tie the legs down, cut the head, put into a saucepan a piece of fat or butter, brown the bird, and then put in four ounces of bacon, cut in dice two middling sized onions, and a gill of broth or gravy. Take a middling sized cabbage, cut it in quarters, taking the stalk out, blanch it, take it out to drain, and tie round with string ; now put it in with the partridge, add a little German sausage, or well seasoned cervelas (see receipt), half a carrot, a bay leaf, salt, and whole pepper. The bird will take two hours if old. Dress the cabbage in the middle of the dish, and put the partridge on the top, skim off the fat, and sauce over.

**WOODCOCKS AND SNIPES.**—These are in season about the month of November, and are then considered delicious ; the snipe comes in October and March. Do not draw either, and in the roasting they must be underdone ; they are trussed with the legs across the back, and the beak run through the joints of the legs like a skewer ; they are then covered with a thin slice of bacon stringed round ; place six or twelve of them on a skewer made fast to the spit, and roast with one or two slices of toast under the game, serve on the toast with gravy.

**QUAILS.**—These birds are to be had in September, and are then in prime condition ; they are roasted with a vine leaf next to the breast, and over this a slice of thin bacon, and cooked as the woodcock.

**PLOVERS.**—These are good when fat: dress as woodcocks. All small game of this description are delicious if allowed to singe near a clear fire, and then fried in very hot fat for five minutes, which preserves their aroma; but before you place them in the fat, and, after singeing, put them in a covered pan for a few hours, having sprinkled them over with a little salt.

**HARES.**—Young hare is generally roasted, and if you do not lard the same, in lieu thereof, tie pieces of bacon with a string round the back; when well basted and done, serve either with vinegar sauce seasoned with salt and pepper, or the following:—

**SAUCE FOR ROAST HARE.**—Preserve the blood, pound the raw liver, put it in a saucepan with a piece of butter, stems of parsley, thyme, bay leaf, and a few shalots chopped fine; add a dessert-spoonful of flour, a gill of ale, and half ditto of broth, reduce these one half by boiling, season well with salt and pepper; when thus reduced pass through a warm tammy into a saucepan, and when beginning to boil, add in the blood, warm a minute, and serve in a sauceboat.

**THE SPORTSMAN'S HARE.**—Cut a young hare into portions, put these into a stewpan with some lard, salt, pepper, allspice, and a dessert-spoonful of sugar, cook on a slow fire, turning these pieces so as to equalize their doing, when you find each pretty firm to the touch, add sweet herbs, parsley, and shalots chopped, a few small mushrooms, and a dessert-spoonful of flour; mix with a pint of old ale as soon as boiling, dish up and serve.

**STEWED HARE.**—Cut a hare in portions, keep the blood, fry in a stewpan with a little lard, and eight ounces of bacon cut in dice, a bunch of sweet herbs, and a dessert-spoonful of flour, stir round, add a tumbler of red wine, and three gills of broth or water, eighteen button onions, a little salt, and plenty of pepper; in an hour it is ready; then add in the blood to thicken the sauce, dress the pieces of hare nicely on a dish, and sauce over.

**FILLETS OF HARE POIVRADE.**—Cut the meat off the bones of a roast hare, and if you have not enough to make a dish, chop up bones and all in equal portions, put them in a stewpan with a poivrade sauce of high flavour; warm the whole without boiling, and serve hot.

**HOW TO DISTINGUISH YOUNG RABBITS.**—To ascertain if a rabbit be young, take hold of the fore legs above the joints, and if there you find a small lump like a pea in shape it is a proof of its being a young one; the head is also sharp, and the ears tender to the touch.

**ROAST RABBIT.**—This should be larded, or else covered on the back with slices of bacon, and well basted with well seasoned gravy. Rabbits, no matter how cooked, require a good gravy to relieve the almost tasteless flavour of its flesh. Among the various preparations likely to assist the housewife in giving a nice relish to such dishes, the popular condiment called Everybody's Sauce, which we have tried, is well calculated to answer her purpose. It not only possesses the virtue of suiting nearly everybody's palate, but if used moderately into any hashes or stews will produce a savoury zest most conducive to appetite at a trifling expense.

**MATELOTTE OF RABBITS.**—Cut the rabbit in pieces, brown some butter and flour in a stewpan; put in the rabbit with the liver, pass on the fire, and then add a gill of red wine, a pint of water, and a gill of broth, a bunch of sweet herbs, two shalots, two cloves, a little thyme, bay leaf, basil, salt and whole pepper; stew on a slow fire thirty minutes: add twelve button onions, previously blanched, and, if you like, an eel cut in lengths of two inches, eight minutes before the rabbit is done; before serving, take out the bunch of sweet herbs, skim off the fat, and put in a tablespoonful of capers and an anchovy chopped: serve with fried bread round the dish and sauce over.

**THE HOUSEWIFE'S RABBIT.**—Cut the rabbit in portions, put these in a stewpan with a little lard, a bunch of sweet

herbs, with a few small mushrooms and artichoke bottoms, if handy ; pass all on the fire, add a teaspoonful of flour, mixed with a drop of broth, half-a-pint of old ale, salt and pepper ; when done, and the sauce almost reduced, put in the yolks of three eggs diluted with broth, and a little chopped parsley : serve well seasoned. Or you can also dress young rabbits like chickens, which gives a variation.

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### VENISON.

The stag, doe, roebuck, deer and fawn, are all nearly prepared the same way. The roebuck is the best eating ; the fore and hind quarters are served pickled and roasted. The pickle is made with vinegar, salt, pepper, and a little water, in which the meat must remain two or three days, stirring it about occasionally ; and when you want to roast it, rub it dry, oil some paper, lay it all over your joint, and roast for an hour and a half. Fifteen minutes before taking it off the spit, take the paper off to let the meat color, dish up with a poivrade sauce, and for those who like it, currant jelly, together with a highly-seasoned gravy.

**HASHED VENISON** —Cut into very nice slices any portions of cold roasted venison ; put these in a stewpan, leave out any tough particles, have ready a poivrade sauce reduced, into this put sliced meat, take a piece of butter and mix it with flour ; make with these six balls, and just before serving add them in, and stir round until well thickened, but do not allow it to boil ; dress on a hot dish, with toasted bread, fried.

**HASHES OF ALL KINDS OF MEAT, POULTRY, AND GAME.**—Cut the meat up in nice slices, put them in a stewpan with a little parsley, spring onions, shalots, mushrooms, or either of these, well chopped ; add some good broth to cover it, salt, and whole pepper ; let all simmer on the fire for fifteen mi-

nutes, cut the crumb of a loaf in slices, lay some saturated with sauce at the bottom of the dish, place the hash on this, and more bread on it; put the dish on hot ashes, so as to make the bread stick at the bottom, then add a little lemon juice on the remaining sauce, which pour over the whole, and serve, with roasted venison or game, and in preparing dishes made of it, we have found the peculiarity of the Kalsos Gensis sauce improve the flavour, but, like any other condiment, when used must not predominate.

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## VEGETABLES.

It cannot be contested that animal substances would not be of much avail in cookery without the necessary adjunct of vegetables, and these if used separately as food would contribute to the health of the human species. We are confident, however, that if more attention were paid to the produce and preparation of vegetables, a much less quantity of animal substance would be consumed. With this preface we shall do nothing more than strongly recommend every cottager to improve the growth of his crops, let them be ever so small, as their usefulness is much underrated by the primitive habits of many, who will persist in simply boiling them in salt and water.

PEAS. — This delicious vegetable is plentiful during the months of June, July, and August, and are best when fresh gathered; they are served with all kinds of meat and are excellent in made dishes. When dried they are used in soups and purees.

THE ENGLISH DRESSED PEAS. — Have ready a saucepan of boiling water, and a handful of salt, put your peas in, and skim whilst boiling, when done drain them, and put them in the dry saucepan with a large nut of butter, toss them, without setting them on the fire, and when dishing up add a nut of fresh butter in the dish.



**FRENCH DRESSED PEAS.**—Wash in cold water three pints of peas, put them in a saucepan with two ounces of fresh butter, a small bunch of parsley, one onion, and the heart of a cos lettuce, cut in four quarters, let all cook slowly on a gentle fire thirty minutes, when done and very little sauce is left, beat up the yolks of two eggs in a little milk and a teaspoonful of pounded sugar, warm up to thicken without boiling, and serve; the lettuce should be put in the centre of the dish, and the peas over it, the parsley and onion taken away.

**GREEN PEAS WITH BACON.**—Take four ounces of bacon cut in dice, fry these in a saucepan; when of a nice color take them out, and put in a gill of broth with a dessert-spoonful of flour, let the fat remain, brown these nicely, stirring round, and put in the bacon with three pints of peas, one onion, a bunch of sweet herbs, a little pepper, let simmer gently for thirty minutes; take out the onion and herbs, and serve.

**ASPARAGUS.**—The white and violet asparagus when done to a nicety, and served with a well made butter sauce, is a delicious dish. The green asparagus or sprue grass is used for soups and made dishes.

**ASPARAGUS WITH WHITE SAUCE.**—As you scrape the grass, put them in cold water, then tie them in small bundles and cut the stems of an equal length; put them in boiling water with a little salt, and when tender they are done; serve them in sheaves, or flat on a dish with white sauce. (See index). They are excellent cold, and when eaten thus, put them in cold water, mixing in a boat, vinegar, oil, salt, and pepper.

**GREEN ASPARAGUS OR SPRUE GRASS.**—Cut the most tender part not in larger pieces than peas, boil them five to six minutes, take them out to drain, and dress the same as peas, but omitting the lettuce.

**FRENCH BEANS.**—The young beans only require to have the ends cut off, and to be cooked in boiling water for ten



minutes, then put them in a saucepan with a piece of butter, parsley, spring onions chopped; when the butter gets hot put the beans in for ten minutes, dish them. For the same sauce, put a little flour, broth, and a nip of salt; boil until the sauce is nearly reduced, and just before serving beat up the yolks of two eggs with a little milk, pour all over the beans, adding a little vinegar: amalgamate, season and serve.

Old French beans are cut at both ends and stringed, cut them in diamonds and boil them fourteen minutes.

**HARICOT BEANS.**—This most invaluable seed is not used to the extent it deserves. We do not find the famed "*haricots de Soissons*," in London, but still a white bean can be procured at any corn-chandler's at sixpence per quart. The haricot contains more nourishment than any other vegetable seed, not even excepting the wheat; it is, however, a dish better suited to persons of active habits than to those of sedentary or delicate constitutions. We append some simple receipts for their proper cooking, which do not appear to be as yet put into practice.

**NEW HARICOT BEANS.**—These, when fresh shelled, are rather green in appearance; they must be put in boiling water with a little salt, a bunch of parsley, an onion, and a piece of fresh butter; when done, drain them in a cullender, then have ready some finely chopped parsley, with a little butter, salt, pepper, and the juice of half a lemon; pour this on a hot dish, and lay your beans over them. Serve hot.

**SALAD OF YOUNG FRENCH BEANS AND HARICOTS.**—When both are boiled let them get cold, and dress them with oil, vinegar, salt and pepper, a little chervil and spring onions, chopped fine. This will be found a most delicious dish, either separately and with any remains of cold meat.

**DRIED HARICOT BEANS.**—Put them in cold water for twelve hours, then in a saucepan with cold water, let them boil; when you wish to ascertain how their cooking is progressing, you must not use a metal spoon, as its action on the beans will cause them to shrink. When done, drain

them, dress them as last recipe, or toss them in the saucepan, adding in a piece of butter, a little chopped parsley, salt, pepper, and a little milk or cream, or simply with lard, chopped parsley, salt and pepper. They can also be dressed as a salad, with chopped onions, vinegar, oil, salt and pepper.

**ANOTHER WAY.**—When the beans are cooked put in a saucepan a large piece of butter or beef dripping, a dessert-spoonful of flour, let these brown on the fire, then add a little chopped onion, when sufficiently done put in your boiled beans, with some salt, pepper, and chopped parsley; let all boil fifteen minutes and serve.

They are also very nice cooked with a little lard, adding veal gravy, or put on a dish under a roast leg of mutton, the gravy out of the meat making them eat excellent.

**BROAD BEANS.**—If eaten with the husks on the bean, they should be boiled in water seven minutes, to abstract their acrimony; dress as follows: put them in a saucepan with a piece of lard and some flour, a little savory herb, a nip of sugar and some broth, when done, and some of the broth has evaporated, beat up with milk the yolks of two eggs, put this mixture in and serve well mixed.

**LENTILS.**—This grain, round and flat, is a farinaceous vegetable, not much used in England; they are cooked like the haricot.

**CABBAGES.**—Are used in different soups, or cooked as a separate dish. If the last is adopted, they should be cut in quarters, either the green or white cabbage; wash them, and boil either fifteen minutes; take all out, and replace in a saucepan with whatever meat you like, pieces of breast of veal are generally preferred, add a little broth, with salt, pepper, a bunch of parsley, clove, a little nutmeg, a bit of carrot and turnip; when the meat is done, dish up and you may put over it a sauce made with cullis or gravy.

**BRUSSELS SPROUTS.**—These require cooking fifteen minutes, and should be put in boiling water, with a little salt,

pepper, and a drop of broth, and when dishing up, pour over a little brown or white sauce.

**CAULIFLOWER.**—In order to get rid of the insects often found in these, they should be cut from the stem, and then put in cold water, and after that in a stewpan with boiling water and salt; when done take them out, dress on a dish, pour over white sauce, made a little acid.

**FRIED CAULIFLOWER.**—Take each head divided, and dip in batter, and fry in hot fat, as you would fritters (see index), and when of a nice color serve hot.

**BROCOLI.**—Take off the outside leaves, wash the heads well, and put them in boiling water with a little salt; when done, drain them well, and serve with a white sauce.

**SPINACH.**—After having picked and washed your spinach, boil in water; when done, transfer them in cold water, press flat afterwards, and then put them in a saucepan with a little butter, let simmer fifteen minutes, add a small piece of salt and flour, and wet over with milk, and serve.

**CARROTS AND PARSNIPS.**—These are much used in soups, braises, stews, and cullis, likewise to garnish made dishes, and either may be constituted a separate dish done as follows:—Cut them in lengths of two inches, and shaped round of the size of a spring carrot, boil fifteen minutes, take them out and put them in a saucepan with some good broth, a drop of old ale, a bunch of sweet herbs, and a large nip of salt; when sufficiently cooked, add a little thick gravy of any kind: season well and serve.

**VARIOUS ROOTS.**—Cut two large onions in thin slices, put them in a saucepan in which you have browned some butter and flour; when the onions are nearly done, add some broth, and boil until they are ready; then put in some carrots, turnips, parsnips, and celery, previously cut in fillets: let all boil in the broth till nearly done, season with salt, pepper whole, a drop of vinegar, and just before dishing up add some mustard.

**SORREL.**—This plant is not cultivated in England to any extent, although it is most wholesome, and has many medical qualities, and is an excellent aperient.

**STEWED SORREL.**—This is used for many culinary preparations, and can be made into a dish as follows: pluck the stem from the leaf which you boil; when done, drain well, chop it fine, and put it into a saucepan with a piece of fresh butter, some salt and pepper, parsley, spring onions, chervil, and a little nutmeg, let simmer, and to take off its acidity, before you serve add a little milk, have ready three or four hard boiled eggs cut in quarters, and lay them round the dish. You may for a change dress it after boiling, the same as spinach.

**CHICORY.**—This may be dressed as spinach, but it should be blanched, drain it well, and after having chopped it a little, put it in a saucepan with a little melted lard or fresh butter, salt and pepper, when nearly done add a little mutton or other gravy with a drop of vinegar and a little grated nutmeg.

**LETTUCE.**—Cos and cabbage lettuce are generally used as salads, but towards the close of the season, when they become cheap and plentiful, they will make a good dish stewed as follows: Take off the outside leaves, then wash the lettuces well, put them in boiling water for fifteen minutes, then put them in cold water, and afterwards press them as dry as you can, again put them in a saucepan with a piece of butter, some broth and any gravy you have handy, season with salt and pepper, and serve with any roast meat.

**ARTICHOKES.**—These are very useful in cookery, and are used as side dishes; the artichoke bottoms are put in stews. If for boiling cut the tops off the leaves with a pair of scissors and the stalks short, cook them for half an hour in water with salt and a bunch of sweet herbs, when done drain them, and take out the inside, serve with cullis or broth, butter and a drop of vinegar, pepper and salt, warm this sauce, and pour on the inside, or serve with a white sauce in a boat.

**CELERY.**—After being cleaned and washed, boil for thirty minutes, then put it in cold water, drain and put in a saucepan with broth and cullis, season with salt and pepper, skim off the fat, and serve with any roast meat.

**TURNIPS.**—A ragout of turnips can be made as follows : taking care they are sound, close, and tender, then cut them pear shape, and parboil them in water, then finish them in broth sufficient to cover them, add a little gravy, a bunch of sweet herbs ; when done and well seasoned, skim off the fat, and serve either as a dish, or with roast meat, or as a garnish to any made dish. Turnips quartered with the water pressed out, and dressed with butter, salt, pepper, and milk is nice with boiled mutton.

**POTATOES.**—Various are the instructions given in different works on cookery for the proper boiling of this very useful and abundant vegetable ; and were these not to differ one from the other, then it would be granted that there really is but one way of cooking them, and any comment on our part would be unnecessary. As this, however, is not the case, we have a few words to say on this subject. Generally speaking, people like to see mealy potatoes served up to table, but instead of this, they are as often waxy or watery, while, at the same time, these very potatoes, before being spoilt, might have been of the best quality. To our thinking, potatoes washed well and boiled in their coats is preferable to their being peeled ; still, this point we leave to be settled by the consumer. Whatever quantity you have to boil, when they are in the stewpot, pour over enough cold water to cover them, with some salt, then put the cover on, and ten minutes after boiling drain the water off immediately, unless this is done the water soaks into them and they become semi-mashed. let the pot remain on one corner of the fire, and place a folded cloth on the potatoes for about ten minutes—by this means they always turn out nice and mealy. The common yellow potato has its merits as a good boiler, whilst the Dutch round and kidney



present a better front at table. We shall now give the housewife and cook something different to the plain boiled, and commence with a—

**PURÉE OF POTATOES.**—For this use the yellow or else the Regent, which is whiter than any other: first peel them and boil as just related, then mash them through a cullender, put them now into a saucepan with a large piece of butter, salt, and pepper: stir them well with a spatula, and add milk until your purée comes of a nice consistency, but not too thin: serve with fried bread cut in diamonds.

**MASHED POTATOES.**—Use the Dutch or Regent's, but in mashing them, butter, salt, and pepper is only used.

**FRIED POTATOES.**—Any sort can be used for frying: they should first be well blanched, then cut in thin slices or quarters, either way, throw them in hot lard or fat, and when they get of a nice color, take them up with a skimmer, and sprinkle fine salt over.

**SPRING SAUCE POTATOES.**—For this dish the long Dutch or long red should be used, as you may cut oval slices of either, and they should be the fourth of an inch in thickness, and cut after being boiled, keeping them hot at the same time; then put the slices in a saucepan with fresh butter, finely chopped parsley, salt, and pepper; put the pan on the fire, when the butter is melted, add a little hot broth or water with the juice of a lemon: stir round, and serve hot.

**POTATOES IN WHITE SAUCE.**—Prepare a white sauce (see index), boil and cut potatoes as in last recipe, then put them in the sauce: stir round a few minutes, and serve hot.

**POTATOES AND CREAM.**—Prepare a cream sauce (see index): dress as spring potatoes, and serve hot.

**POTATO SALAD.**—The Dutch kidney or round red are the best for this salad, although any kind will do; when they are boiled and cold, cut them in slices and season with oil, vinegar, salt, and pepper; add chervil, spring onions, or the common



onion chopped fine; the proportion of oil is three table-spoonsful to one of vinegar: mix well, and serve with cold meat.

**RICE MILK.**—Rice is a very nutritive substance, and that which comes from Carolina and Piedmont is the best, and when new is large and hard, and swells more readily under the action of the fire; to every three quarters of a pint of milk use one ounce of rice, washing it and rubbing it well with your hands, drain; put the milk in a stewpan on the fire, and when nearly boiling, put your rice in and let simmer thirty minutes on a slow fire; should it get too thick, add more milk, warmed first, and serve with powdered sugar.

**JERUSALEM ARTICHOKES.**—These only require to be boiled, having first peeled them and dressed with a white sauce; they can also be fried or used as a salad.

Our space not permitting us further to enlarge on the cooking of vegetables, we shall conclude our series by giving the names of herbs used in cookery; they are as follows: parsley, spring onions, garlic, shalots, onions, parsley root, thyme, bay leaf, basil, fennel, savory, capers, and sage.

The following vegetables are used for salads: cos lettuce, cabbage lettuce, endive, watercress, beetroot, dandelion, corn salad, and celery; also the following herbs: tarragon, chervil, spring onions, and burnet, or pimpernel.

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## EGGS.

Eggs supply the kitchen with a great variety of preparations. They are nourishing to all, and a fresh egg is softening to the chest; at the same time care should be taken that stale eggs are not eaten, as they have a contrary tendency. To tell if they are good hold them to the candle; if transparent they are fresh, if spotted they are old, and if spotted close to

the shell, throw them away. Independent of their use in cookery, if you beat up the yolk of an egg with a little warm water and powdered sugar, and take this mixture before going to bed it will be found very relieving when troubled with a cough.

**BOILED EGGS.**—To boil eggs properly, put them in boiling water on the fire for two minutes, take them out and cover over with a cloth, thickly folded, for another minute: this produces the milky appearance sometimes presented when opened.

**POACHED EGGS.**—The usual way of breaking the shell and tipping the eggs into boiling water is not the best plan, as it often gives them a watery appearance. Put your eggs into boiling water for exactly five minutes, then take them out quickly, pour off the water, and place them in cold water, and at once take off each shell carefully, when you will find the white done and the yolk quite soft: serve them whole. When done as above, you can put over them either a white sauce, caper anchovy, ravigotte sauce, or stewed mushrooms.

**MIXED EGGS.**—Put some butter, and break the eggs in a saucepan, add some good milk: season with salt and a little white pepper; keep stirring with a whisk, or a stick split in many pieces at one end: when done serve hot. Any little ragout of vegetables served with this makes a nice dish.

**FRIED EGGS.**—Put a good piece of butter or lard in a frying pan; when it ceases hissing, put in your eggs previously seasoned and not beat together, with salt and pepper. As they do not take long doing have ready a red hot shovel, pass this over the yolks so as to cook them, then slip them on a hot dish, and serve with a drop of vinegar over.

**EGGS AND MILK.** Take three eggs, mix them up with a dessert-spoonful of flour, a teaspoonful of pounded sugar,

a nip of salt, two gills of milk, put the whole in an enamelled dish, set on the fire fifteen minutes, pass a hot shovel over and serve quickly.

OMELETTE.—Take any number of eggs, break them in a basin with a little salt, beat up well, put some butter or lard in a frying-pan, when melted put in the eggs, when the omelette gets a nice color underneath, throw it on a hot dish and serve. You can, if liked, use parsley and spring onions, chopped fine, and mixed with the eggs before frying.

OMELETTE WITH BACON.—Chop some bacon or ham rather coarsely, and mix with the eggs some parsley and spring onions finely chopped, put all in the frying-pan as above, but do not use salt : a little pepper may be added.

SWEET OMELETTE.—Beat up six eggs, mix with them two table-spoonsful of powdered sugar, and two ounces of butter divided into nuts, beat up again lightly ; have ready your clean and bright frying-pan with a little butter in ; when warm put in your eggs, and cook on a very slow fire : when done powder over with sugar, and serve.

CHEESE AND EGGS.—Put into a saucepan four ounces of mild grated cheese, an ounce of fresh butter, a little parsley and spring onions finely chopped, a little grated nutmeg, a gill of old ale ; boil these on a slow fire, stirring until the cheese is melted ; then break up six eggs, add them in and stir up with a whisk, so as to well mix them : continue until done, and serve with thin slices of shaped bread all round.

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## SALADS.

Cos LETTUCE.—Take off the green outside leaves, and divide each remaining leaf up the centre, then cut them crossways in lengths of two inches ; put these in water, and

when you come to the heart split it in quarters, and again in lengths; wash a little, shake well in a salad basket or cloth until quite dry. The herbs required are chervil, tarragon, and spring onions, all chopped and sprinkled over with lettuce; the salt and white pepper is then mixed with the vinegar and oil, in the proportion of three table-spoonsful to one of vinegar in a basin; stir well until the salt is dissolved, and pour the mixture over the salad: mixing for ten minutes, and serve crisp. Only a small quantity of tarragon should be used.

**CABBAGE LETTUCE.**—These according to their size may be cut, washed, and dried, as last recipe for a nice salad; have ready four boiled eggs cut in quarters and laid evenly over the lettuce, adding to this a table-spoonful of chopped chervil only, and give a drop more oil in your mixture on account of the eggs.

**ENDIVE SALAD.**—Pick off the green leaves and wash the endive, dry and cut, add over it some chervil and spring onions chopped fine, with a crust of bread an inch round, rubbed over with garlic, and when you add your dressing let it consist of two table-spoonsful of oil, one of vinegar; stir in white pepper and salt, and mix all well for fifteen minutes before serving. Shalots chopped fine can be substituted for garlic if this is not liked.

**CELERY.**—This salad requires to be dressed in a very peculiar way; when nicely cut in fillets of about two inches in length, wash and dry them, and make the following dressing:—put into a basin the yolks of two raw eggs, one table-spoonful of French mustard, or Soyer's aromatic mustard, a nip of salt; stir round one way with a wooden spoon, letting your oil drop in gradually; add the juice of half a lemon, two shalots chopped fine, the same quantity of parsley, a few capers and gherkins cut in thin slices; pour this mixture over the celery: stir round ten minutes, it is then ready to serve.

**DANDELION AND WATERCRESS.**—This is a spring salad, and when young is extremely wholesome, and deserves to be more used than it is; when well cleaned and washed add a few sprays of watercress: it will require more vinegar than other salads, and wants well stirring to soften the dandelion.

**MIXED SALAD.**—Any kind of salad in equal quantities, with the exception of celery or dandelion, may be mixed with spring onions and chervil chopped rather coarsely and dressed as follows:—Take two hard boiled eggs, a dessert-spoonful of English mustard, the usual proportions of salt, pepper, oil, and vinegar: beat all these together to the consistency of cream, and pour over your salad: stir ten minutes and serve.

**BEETROOT SALAD.**—Cook the beetroot in an oven for six or seven hours: some boil it but it does not eat so well. When for a salad dress as follows:—Cut it in slices, dress the same as any other salad with chopped herbs, add an onion just cooked through, cut it across the grain so as to preserve the whole in circle: put all on the beetroot, lay the mixture over, let stand fifteen minutes in the pickle, and serve without stirring.

**SALAD OF EGGS.**—Cut up some cos or cabbage lettuce, in a salad bowl, arrange on the top hard boiled eggs cut into quarters; add a little tarragon, chervil, and spring onions finely chopped: season with oil, vinegar, salt, and pepper; in this salad more oil than usual must be used on account of the eggs.

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## FRITTERS.

**APPLE FRITTERS.**—Peel and cut the apples in slices, taking out the pips; have ready a batter made with two dessert-spoonsful of flour, two gills of milk, an egg, and a



nip of salt ; beat all well together, then dip your sliced apple in, and fry in hot lard : serve with pounded sugar.

**FRENCH BATTER.**—Mix three table-spoonsful of flour with oil sufficient to make a thick paste ; afterwards make this into a batter, adding a drop of ale sufficient to make it of the usual consistency, together with a nip of salt.

**ORANGE FRITTERS IN FRENCH BATTER.**—Peel the orange the thickness of a shilling, cut it in quarters, take out the pips ; then put in a saucepan some sugar with the quarters and a small drop of water ; when half done take them out, dip them in the batter, which should not be too thick : fry of a nice colour, and serve with pounded sugar.

**ANCHOVY TOAST.**—Cut slices of crumby bread half an inch thick, and fry as last recipe ; have ready a sufficient number of anchovies well washed, the bones taken out and laid open on the toast : then mix oil, vinegar, and pepper for the sauce, pour over and serve.

**SPINACH TOAST.**—Cut slices of bread as above, have ready some spinach well chopped and seasoned, add to this the yolks of two eggs ; stir well and lay the spinach over the bread, egg the top over, and put on fine bread crumbs : let fry in hot fat, and serve.

**BACON FOR BREAKFAST.**—Originally the introduction of bacon for breakfast arose from the recommendation of a certain doctor who had noticed how healthy were the ploughmen generally who eat nothing else but fat bacon for their breakfast ; the hint was taken, and it became the fashion to see broiled bacon on every aristocratic table and downwards. But the grand secret of the healthy ploughmen was not the fat bacon they consumed, it was the exercise they took. However, we must acknowledge that a very nice slice of streaky bacon is certainly a relish not to be despised by persons of active habits, and not injurious to others when taken in moderation. It should be cut in slices of about a quarter of an inch thick with the rind off, and



broiled on a quick fire, taking care to turn it several times whilst broiling, which ought not to be dried up: serve hot.\*

**TOAST WITH ALL KINDS OF MEAT.**—Mince any remains of cold meat, dress it any way you choose, but season it well; when it gets cold, beat the yolks of one or more eggs in the mince, according to the quantity you wish to prepare; slice some bread, toast it; then on each slice lay some mince, with a knife dipped in egg, smooth the surface, bread crumb over, fry in hot lard, and serve.

**BLOATERS AND COLD TOAST.**—Pound the flesh of bloaters not too much cooked, lay this on your toast, already fried in lucia oil, then chop some parsley, spring onions and shalots, half a bay leaf, a little thyme and basil, some whole pepper, and a little vinegar; boil all these ten minutes, pass through tammy, and pour over the toast, serve cold.

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## PASTRY.

We shall endeavour to assist the housewife and cook in what is most essential for their information: such as pastry for cold pies, side dishes, and those for the centre of the table, or the sideboard, &c., &c., &c. The great point is to know how to properly prepare the paste for the various dishes required; and the accurate time necessary for cooking the meat, poultry, fish, or fruit, intended for that pastry; so that thirty minutes only in the oven should finish these preparations fit for the table.

**HOW TO MAKE PASTE FOR ALL KINDS OF RAISED MEAT PIES.**—Take two quarts of flour, lay it on a clean slab, make a hollow in the centre, put in twelve ounces of butter, the yolks of four eggs,† half a pint of water, and a

\* Fitch and Son, in Bishopsgate Street Within, have always been famed for their first-rate breakfast bacon.

† In the paste for raised pies and in fact all other where eggs are required you may use a quarter of an ounce of Borwick's Egg powder, which will be equal to one egg, and answer the same purpose.

little salt; if the butter is hard knead it well until soft, then gradually work in the flour with the other ingredients until all amalgamate, using only the palm of the hand; if the paste should be too thick, add, in small quantities, some warm water; now form your paste into a ball, having first well rolled it, let it stand two hours, then throw some loose flour over and under, again roll and use when wanted. In Winter more butter is necessary, as the cold penetrates the paste and makes it more difficult to work; while the great secret in making it fine and light is to add more butter. Thus by the addition of a larger quantity of butter, puff paste is produced as used for dishes on the side-table, and which are served in open and covered pastry, and termed by the French—

**TOURTES ET VOL-AU-VENT**—which is a puff paste made as follows :—To one pound of flour add the yolks of two eggs, a little salt, and half a pint of water; mix these gradually together with the flour, working it well till formed into a paste of a nice consistency; then take one pound of butter, lard, or suet, knead either in, and if you use butter, extract the butter-milk by beating; now roll down your paste to the thickness of half an inch, lay your butter, lard, or suet on the same in nuts, the last-named article being first finely chopped; then throw a little flour lightly on each time you double up the paste in three, and rolling it out thus three or four times, letting it stand between each operation a few minutes; let it be well amalgamated, and use as required. This paste will answer for any pastry.

**PUFF PASTE MADE WITH SUET.**—Take eight ounces of suet, the same quantity of veal, shred them both well, put them in a mortar, pound, and pass through a wire sieve, press together, and place in a cloth to sponge any water there may be, and use the same as butter.

**PUFF PASTE MADE WITH LARD.**—First make the lard hot, then let it cool, and use the same as butter.

**MINCED BEEF TOURTE.**—Take equal portions of beef and

suet, one pound each, some spring onions and mushrooms, the whole chopped fine, adding some mixed spice ; when all amalgamate well, beat up two eggs in half a pint of cream, mix this well in your mince, taste if nicely seasoned, make the tourte, and cover as last recipe, and bake as before.

**VEAL TOURTE.**—The same as last, only cover the veal over with well-seasoned sausage meat, and one bay leaf on this.

**FISH TOURTE.**—Take either salmon, cod, eels, soles, mullet, or any other kind of fresh-water fish ; after being cleaned, and, if necessary, scaled, cut either in slices or nice pieces in the tourte, with a bunch of sweet herbs and some nuts of butter ; cover over and bake one hour : then have ready the following sauce :—brown a little flour and butter, in which you add a gill of wine, the same of broth or warm water, some mushrooms, a bunch of sweet herbs, and a nip of salt ; let these stew gently for thirty minutes, add a cod liver, or the soft roe of any fish ; when done, lift up the cover of the tourte, skim off the fat, take out the bunch of sweet herbs, and pour the sauce over the fish : cover over.

**CHICKEN TOURTE.**—Cut up a fowl, put in the wings, breast, and legs only, between these putting forced meat balls made of veal, a few mushrooms, button onions, and pepper, a few slices of ham, and a little stock ; cover over, and bake for an hour.

**RABBIT TOURTE.**—The same way as the last.

**VEAL STUFFING FOR VOL-AU-VENT.**—In addition to the different stews, forced meat balls, made as follows, are a great improvement :—Take one pound of the leg of veal, twelve ounces of ham, when well chopped add the third part of an ounce of salt, and a little allspice, one egg, two yolks of ditto, one table-spoonful of Spanish sauce, two shalots chopped and blanched, one table-spoonful of chopped parsley, two ditto of mushrooms, ditto of truffles, if handy, or morilles ; when this seasoning is well mixed, put it in a covered jar, to use as wanted, either in cold or hot pies.

**HOW TO MAKE PASTE FOR COLD RAISED PIE.**—Prepare three quarts of flour, lay it on a slab, make a hole in the centre, put one pound and a half of butter, two ounces of salt, add in now some water almost at the boil, and when you can bear your hand in, mix and knead the flour as fast as possible, until done sufficiently, recollecting that the firmer the paste the better, provided it is properly manipulated, now form it into a lump, and let it stand for three hours. To save much trouble there are tin moulds of different sizes ornamented, which open from the ends with a hinge; using one of these you butter it on the inside, and then apply your paste to it, rolled before to the thickness of half an inch; letting it get the impress, and having cut the paste to fill up the bottom, you roll with your hand a round fillet of paste, to lay round the bottom of the inside, where the edges of the sides and this meet, wetting it first to make it stick, fill your pie with any kind of meat, well seasoned, such as veal and ham, mutton, capon, partridges, hare, however cooked; but always cover the top with a thin slice of bacon before you put on the pastry covering; make a very small hole in it; after being in the oven ten minutes, ornament the top to your fancy. One hour and a half will do if small, but larger pies require longer cooking in a slow oven.

**VEAL AND TURKEY RAISED PIES.**—Cut the flesh from the bones of a Turkey, with half the quantity of veal, ham, and bacon, the last three articles sliced; season with a little parsley, spring onions, pepper, and scraped nutmegs, mix all the seasoning together, and sprinkle some over each layer of turkey, veal, ham, and bacon, and pour over each also a little veal gravy so as just to moisten them, cover the top with a thin slice of bacon, now put your paste on the top, and bake. This is an excellent pie for the side table.

**MUTTON CAKE.**—Take a leg of mutton, cut off the flesh, extract all the skin and sinews, chop the meat up with a little beef suet, mix this with one pound of fat bacon cut in small dice, the yolks of two eggs, some salt, fine spice, and a

gill of brandy ; a little mushroom, shalots, spring onions ; all well chopped ; put large slices of bacon at the bottom of the saucepan, and on this the whole of your mince, after having well mixed it, and bake it in the oven for at least three hours ; when done let it get cold in the saucepan ; turn it up into a dish, scrape the bottom, and serve with a napkin under.

**MEAT CAKE.**—Whatever kind of meat you use, so you name the cake, they are all alike ; excepting that when you make use of game you equalize it with the meat.

**BACON CAKE.**—Cut in small thin slices twelve ounces of streaky bacon, put these into a saucepan, which set on a slow fire for thirty minutes ; lay on your slab one quart of flour, make a hole in the centre in which you put the melted bacon with eight ounces of butter, a very small piece of salt, two eggs, two gills of water ; knead this paste well, and then let it stand in a lump for three hours, then roll it down to the thickness you fancy, and lay in the paste the slices of bacon : form your cake, egg over, and put in the oven for an hour.

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## ENGLISH MEAT PIES.

In our article on veal (see recipes), we there give the proper directions for making a pie, in which there is no novelty, and we are justified, certainly, in asserting that this useful meat pastry is peculiarly an English dish, as are also meat puddings. We have stated that paste may be made of beef and veal suet as also of lard, though the latter is chiefly employed in pies of a richer description ; but paste can also be made with less of the above than we have stated, and indeed, there are many housewives who make a nice light crust of dripping, though, of course, the flavor is not so good.

**SAVOURY PIE PASTE.**—To four ounces of beef suet, add two ounces of dripping, the same of lard, one pound of flour, in the centre of which you make a hole with the above, and



about half a pint of water ; mix the flour, and knead it gradually, and roll it to the thickness of the fourth of an inch ; round your pie dish lay a band of the paste the width of two inches, having first wetted the edge ; now fill your dish with whatever meat you have, cut thinly, laying the flattest slices at the bottom, seasoning with salt, pepper, chopped parsley, half a bay leaf, a little thyme, and so add layers of meat and a sprinkling of seasoning until your dish is filled rather highly ; now cut some thick slices of potatoes and lay them on if your meat is not sufficient, then pour in a drop of water or broth, and lay your top paste over ; make this meet the other paste, nip the edges, first wetting them, trim round and ornament to fancy : egg over, make a hole on the top, and bake for one hour and a half.

Any kind of meat will do for the above pie, with the same seasoning.

With pork add a little sage and chopped onion.

With mutton add chopped shalots and a little vinegar.

With beef plenty of chopped parsley, mushrooms, and slices of onion, with a little Cayenne pepper.

With hare add chopped onion, mushrooms, a little Cayenne, and fat bacon chopped.

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## CAKES.

**ALMOND CAKE.**—Take a quart of flour, make a hole in the centre, put the size of half an egg of butter, the yolks and whites of four eggs, a pinch of salt, four ounces of pounded sugar, and two ounces of sweet almonds ; knead the above together ; when ready, bake it ; and so soon as it is done sprinkle some sugar over, and finish with the salamander.

**RICE CAKE.**—Put in a stewpan five ounces of rice, well washed, let it break well in boiling with two gills of water, adding afterwards some good milk to thicken it ; let it get



cold, then make a paste with a quart of flour, salt, and four eggs, eight ounces of butter, and the rice; knead the whole together in the shape of a cake, egg over, bake for an hour, butter the paper you put under it, and when done serve with pounded sugar over.

**DIAMOND CAKE.**—Take some puff paste, roll it one-third of an inch thick, cut it in diamonds each the width of two fingers, egg them over, put in the oven fifteen minutes, lay powdered sugar over, and finish with the salamander.

**CREAM CAKE.**—Lay on a slab a quart of flour; make a hole in the centre, in which put two gills of thick cream, a good pinch of salt; knead the above lightly, then let it stand thirty minutes; then work in eight ounces of butter, turn the paste five times, as you do puff paste, then make a single cake, or more, according to fancy; egg over, place in the oven, watch the baking, and take them out when of a good colour.

**TARTLETS.**—Take some puff paste, roll it as thick as half a crown, cut it with a paste cutter into tartlet moulds, fill up with any kind of fruit preserves, lay on the top fillets of paste crossed as an ornament, and bake thirty minutes.

**TARTS WITH ANY KIND OF PRESERVE.**—Whatever sort of preserved fruit you make use of so call the tart. Take some puff paste, lay it at the bottom of a shallow tin mould, about the thickness of two crown pieces, leaving round a border, which is now to be wetted, then across the top lay little strips of paste, also round the edge, and bake for nearly an hour.

**SHORT PASTE.**—Take a pound of well dried flour, ten ounces of butter, with a small quantity of water; mix as for puff paste, knead and beat it well, then roll it out thin, and use it for meat pies, or sweets, baking in a moderate oven.

**BRIOSH PASTE AND CAKES.**—This is a favorite French pastry. Lay on a slab a quart of flour, knead it with a little warm water and half an ounce of beer yeast; if you have none, use in its stead a small piece of leaven, then wrap up

the paste in a cloth in a warm place for fifteen minutes in summer, or an hour in winter; then lay two quarts more flour on the slab, together with the paste already made, with one pound and a half of butter, ten eggs, a gill of water, an ounce of well-pounded salt; knead the whole with the palm of the hand, three different times, flour over, and wrap the paste up in a table cloth; let it stand thus ten hours, afterwards divide the paste into small portions, wet these as you shape them flat on the top side, and on each lay a still smaller piece; egg over, put in the oven for half an hour, if small, and if made very large, add to this time another hour.

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## PUDDINGS.

Puddings are national dishes, whether baked or boiled; and not only are they the delight of children, but those of a more mature age take equally to them; and, generally speaking, the good housewife has been taught, even when very young, the way of making many, and it must be remembered this art is not only an acquired science, but is at the same time an indispensable article of food, as rarely does a dinner pass off without some kind of pudding gracing the table.

**BATTER PUDDING.**—Take a quart of flour, same quantity of milk, three eggs, and a little salt, beat all together, and when very smooth, use it under a baked joint, or put it in a tight cloth or basin, previously buttered; if the latter, place a cloth tight over it and put it in boiling water, moving it about for a minute or two: three quarters of an hour's boiling will do. If you wish to make it better, add two or three more eggs, and it may be eaten with plain sugar, or melted butter and sugar, whilst a little rum, wine, or brandy, poured over makes it eat nicer.

**BREAD PUDDING.**—In a family crusts of stale bread are always plentiful; cut or crumble, and soak them in milk for

twelve hours; then beat up three eggs in it, and a little salt; tie up loosely in a cloth, put in boiling water, boil for one hour and a quarter, and eat with plain sugar.

**BREAD AND BUTTER PUDDING.**—Spread on some slices of bread some butter, as you get them ready lay them in a dish, and between each slice put some currants with a very little chopped lemon or orange peel; then have your milk ready with two or three eggs beaten in it, according to size, pour it gently over the bread; let it stand for one hour and then bake.

If required richer, double the quantity of eggs, and add some ratifie biscuits.

**CUSTARD PUDDING.**—Boil a quart of skim milk, when it gets cold add three, four, or five eggs, some sugar, nutmeg, cinnamon, and a little salt; bake twenty minutes, and if smaller than the proportions specified it will take less time to boil.

**PATENT BARLEY PUDDING.**—This pudding should be made with Robinson and Bellville's patent barley, mixed with sufficient cold milk to form a smooth paste, then pour over this a pint of scalding milk, adding a slice of butter, and two eggs beaten; flavor with nutmeg, lemon peel, bitter almonds, and sugar. Be careful to keep stirring both mixtures: bake in a slow oven half an hour.

**RICE PUDDING.**—Wash four ounces of rice in warm water three or four times, rubbing it the while with your hands; then put into a saucepan a pint of milk: when this nearly boils put in your rice, let it simmer gently until tender, and pour it out into a basin until cold; then add four well-beaten eggs, four ounces of sugar, and an ounce of butter melted, with a gill of milk, some lemon peel and grated nutmeg; pour into a dish, and bake thirty minutes.

**APPLE AND CUSTARD PUDDING.**—Make a custard with two dessert-spoonsful of ground rice, which you put in a pint of boiled milk; let it simmer five minutes, and pour this into

another pint of cold milk, adding two beaten eggs; place in a laurel leaf, or any spice you may have handy, with two ounces of sugar, then give all a boil; let it get cold: have ready six pared apples, having the cores cut out and cut in halves; put them in a dish, pour the custard over, and bake for thirty minutes.

**PLAIN RICE PUDDING.**—Boil four ounces of rice as last recipe with a little allspice, until it gets well swollen; mix in butter, sugar, and hot milk, or simply salt and butter, omitting the spice. For a change boil some cut apples with the rice.

**VERMICELLI PUDDING.**—Boil a pint and a half of milk, then in this put a handful of vermicelli; when this is done, add a spoonful of cinnamon, five ounces of sugar, three ounces of butter, and the yolks of three eggs, and beat in a pint of cold milk: mix well, and bake thirty minutes.

**MACCARONI PUDDING.**—Boil four ounces of macaroni in water until tender, place it in a dish with milk and the white of one egg, with the yolks of four, a little nutmeg and sugar, currant jam, or marmalade, remarking that if you use the preserves you do not use sugar: bake thirty minutes.

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## FRUIT PIES.

In describing these, we have to observe that when you make your paste it should either be puff or short; put in your dish whatever fruit, having first greased and put a border of paste round the edge, then cover the whole with sugar, and lay over the top crust, ornament to fancy, close the seam round, make a perforation on either side, and bake thirty minutes. With apples you put a little butter and a few cloves.

## FRUIT PUDDINGS.

Fruit pudding crusts are made the same as pie crusts:—Line a basin with the same, and then put your fruit in,

adding sugar; lay your top paste over, tie the pudding in a cloth, and let it be put in boiling water for an hour and a half.

**HANOVER PUDDING.**—Peel, quarter, and boil any quantity of apples, after having cored them; take the same weight of red cabbage, and boil it until tender and well done; press the water out and fine them, mix the apples with the cabbage, sugar to your taste, add a little allspice. Have ready some pie-crust, roll it thin, and spread the mixture on, then turn it over and over, pin it in a cloth, and boil an hour. Or you may eat the apples and cabbage spread over on bread as jam.

**PUMPKIN AND APPLE PUDDING.**—Cut up in dice an equal quantity of pumpkin and apples; boil these in water sufficient to form a thick pulp; have ready some paste, as last; sugar and allspice, or if you do not pulp them, put it in a basin, with sugar, two cloves, and an orange, quartered; having first lined the basin and afterwards put a thin top crust of paste, tie in a cloth, and boil an hour and a half.

**OBSERVATIONS ON APPLE PUDDINGS.**—To the apples for baked or boiled puddings may be added a mixture of currants or raisins; if the apples are first tossed with warm butter, adding three ounces of sugar and a drop of cream, it increases their delicacy, or apricot marmalade with apples makes a superior pudding.

**CURRENT PUDDING.**—Take eight ounces of bread crusts, or biscuits, either well pounded and soaked for twelve hours in a pint of milk; then add a quart of milk, beat up four eggs, add a glass of wine or brandy, half a nutmeg, grated, and a little cinnamon in powder, and eight ounces of currants well cleaned and rubbed in flour; put in now two ounces of sugar, mix the whole together, and bake in a dish for one hour and a half; sprinkle over with pounded sugar, and pass the salamander over.

**PLUM PUDDING.**—Take eight ounces of currants, well



washed, same quantity of flour, as much suet, free of skin, the rind of a lemon chopped fine, a little salt, allspice, six eggs, add two wine glasses of ale, and mix all in a basin; butter and flour a cloth, pour in this mixture, tie it up and place it in boiling water, and let the ebullition continue five hours.

**MINCE MEAT FOR MINCE PIES.**—Take one pound of each of the following, viz.,—under-done roast beef, currants, raisins, apples, and beef suet; chop each separately; stone the raisins, peel the apples and take the cores out, have ready an ounce of ground cinnamon, half an ounce of ginger, and a grated nutmeg, a pound of sugar, and an ounce of salt, with two gills of brandy or wine, four ounces each of orange and lemon peel chopped; mix all these together well, and place the mince in a covered jar, and use when wanted.

When you make mince pies, cover the inside of your tins with puff paste, taking care to wet the edges before you add your top crust; after having laid the mince in, press the sides round, egg over, and bake above thirty minutes.

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## CREAMS.

**STRAWBERRY CREAM.**—Take half a pint of raspberries, stem and pound them in a mortar; then boil gently a pint and a half of cream with two gills of milk, adding some sugar; when reduced to the quantity of half a pint, mix the fruit in with it, stirring in a little calves' rennet, not larger than a coffee grain, into it: when nearly cold pass the whole through a tammy into a china vessel, cover it and place on hot ashes, or into a moderately warm oven until it coagulates, and now put it in a cool place until wanted.

**RASPBERRY CREAM.**—This is done the same as the last, excepting that when reduced on the fire, and taken



off, the yolks of three or four eggs beaten up in as many spoonful of cream are added; and all is again put on the fire sufficient time to do the eggs without letting them boil, otherwise they would turn: finish as the last.

**WHIPPED CREAM**.—Made from raspberry.—Whip a pint and a half of thick cream, and as it froths up put it with a skimmer on a tammy to drain through on a dish; when all is done take two handful of strawberries or raspberries well cleaned and stemmed, pass either through a tammy with a wooden spoon on the cream; add two ounces of sugar to the cream, which you again whip a little more, and then serve on a cream dish.

**PLAIN WHIPPED CREAM**.—Take a pint of thick cream, put it in a vessel with a little green lemon peel chopped fine, four ounces of pounded sugar, a nut of pounded gum; whip all the above together, and as it froths up pass it with a skimmer on a tammy to drain over a dish: whipping whilst any remains, and dress it on a dish in the form of a rock.

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## JELLIES.

**CURRANT JELLY**.—Take five pounds of currants, nearly ripe, separate each from its stalk with a fork, put four ounces of loaf sugar into a copper pan with the fruit, place this on a clear fire, and when you find that the bulbs are forming round the pan and the whole surface is covered, then take it off the fire, and pour the contents through a hair sieve, letting it pass without pressing.

**CURRANT AND RASPBERRY JELLY**.—From the above quantity of currants take away one pound and replace it with a pound weight of raspberries, which you lay on the hair sieve and pour your boiling jelly on them, when the flavor of the raspberries is taken by the other; now pour your jelly into glass jars in a cool but not damp place; and when

cold cut some pieces of paper the circumference of the inside of the pots, dip each in brandy, place on the tops, and over these tie round more paper, and use as required. This jelly will last for years.

CURRENT JELLY WITHOUT BOILING.—Extract the juice from two pounds of currants, with or without raspberries, add four pounds of powdered sugar; stir together until the sugar is melted, put the jelly into jars, and expose them to a gentle heat for two or three days, cover over as last, and you will have a beautiful jelly; but it will not keep so long as the last.

ORANGE JELLY.—Take an ounce of isinglass, two pounds of clarified sugar, the juice of five oranges, and of three lemons; put the isinglass into very little water, and when the solution is complete, mix the whole together, put it on the fire and when it becomes hot, pass it through a tammy cloth; color to fancy and fill the pots.

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### COMPOTE (STEWED FRUITS.)

WHITE COMPOTE.—Cut in halves six large *reinettes* apples, peel them and extract the pips, place the halves in cold water, and cook them in an enamelled pan with two gills of water, the juice of half a lemon, and two ounces of sugar; when the apples are done lay them on a *compotier*,\* reduce the syrup until it forms a thick gum, which you then pour over the apples.

Should any other apples be used keep them whole, do not peel, but simply prick them all over; cut each in half after stewing, extract the pips, use no lemon; syrup over as the last.

COMPOTE OF MARTINMAS PEARS.—Take twelve pears, they may be peeled now or not, cut away part of the stalk,

\* A deep round dish, generally with a foot to it.

scoop the bottom out, place the pears in an enamelled pan; put also in the pan a little water, four ounces of sugar, or more if the quantity of pears is larger, and a little cinnamon; cook on a slow fire, and when done, if the syrup is not too thin, serve on a *compotier*, with the syrup over.

**COTTAGE COMPOTE OF PEARS.**—Take six winter pears, put them in a pan with two gills of water, a little cinnamon, two cloves, two ounces of sugar; cover the pan, place it in a slow oven or on a very small fire; when half done, put in half-a-pint of porter, and when quite done reduce the syrup by three-fourths; pour this over, and serve hot.

**COMPOTE OF STRAWBERRIES.**—Boil four ounces of sugar in two gills of water; when the syrup has been skimmed and becomes thick, have ready fine strawberries, not too ripe, pluck, wash and drain them, if requisite, then put them in the syrup; take the pan off the fire a few minutes to let them soak; again put them on to give another boil: if they should appear to get pulpy take them off quickly.

**COMPOTE OF RED CURRANTS.**—Make a syrup the same as the preceding; have ready one pound of picked currants, or with the stalks on, place them in the syrup, let them boil three minutes; take them off the fire: skim before dressing on the *compotier*.

**COMPOTE OF RASPBERRIES.**—Proceed as the last recipe, but do not wash these.

**COMPOTE OF PLUMS.**—Make the syrup as for strawberry compote. When it is ready put in a pound of plums almost ripe; let these boil a few minutes until done, take off the scum, and dress them in a *compotier*: reduce the syrup, and pour over.

**COMPOTE OF ORANGE.**—(Quickly made.) Peel and cut into small quarters some oranges; put some pounded sugar in a dish, lay the quarters on it, cover over with pounded sugar and serve.

## PRESERVES.

APRICOTS.—Peel your apricots, should you intend stoning them; to every pound of fruit, have ready twelve ounces of clarified sugar (see recipe). When you put in your skimmer to see if sufficiently done, blow sideways, and if the sugar flies off the skimmer it is ready; then put in your apricots, boil them, stirring with a wooden spoon continually, until the preserve sticks between your fingers when tried; it is then ready for potting.

CHERRIES.—When gathered they should not be quite ripe; place them in bottles, cork down, put them in a large pan of cold water up to their necks, when the water begins to boil take the pan off the fire, and in fifteen minutes' time take the bottles out.

This process of preserving is applied to currants, red, white, or black; mulberries, plums, gooseberries, nearly ripe; green apricots can be preserved the same way.

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COCOA.

The fabrications of cocoa and chocolate are so varied that it requires no ordinary taste to accurately judge of their respective qualities; while the perfection to which some manufacturers have brought both, as far as palate and pocket go, make their peculiarities worthy the attention of the many, not only as regards these particulars, but also so far as their use affects the constitution.

We have made many experiments, and come to the conclusion that the soluble cocoa manufactured by Messieurs Dunn and Hewett, is perhaps the most remunerative to its consumer, as a nourishing, economic, and pleasant aliment; and with such preparation all that is to be accomplished by the consumer is to pour hot water on any given quantity, and sugar the

same to taste, when a nice cup of this exquisite beverage is ready for drinking.

Soluble cocoa and chocolate were first brought before the public in the year 1819, by Daniel Dunn, who was the originator and perfecter of the idea of rendering cocoa and chocolate soluble, so as to be mixed at the table. Prior to this period all cocoa and chocolate required boiling and milling for a long time, which gave much trouble. The labour and experience of many years have brought those articles, already before the public, to the present state of excellence in which they are known to exist; and their quality is too well known and appreciated to render it necessary to enlarge upon them.

'The many years' labour spent by Messieurs Dunn and Hewett in bringing these articles to the present state of perfection, is now being amply repaid, not only by the gratifying testimonials received from many medical and scientific men, but also from its being extensively adopted and recommended by the faculty in general.

To ascertain to what extent cocoa or chocolate is adulterated, rasp into a pint of cold water, shake it occasionally; if adulterated, a kind of brick dust will be found at the bottom after standing; while on the other hand if pure, a very pale red sediment only is observable.

The merits of pure cocoa and chocolate consist in their strengthening, restorative, and soothing qualities; they also help digestion, and allay any sharp humour of the lungs; whereas, if adulterated, the contrary effect will be produced.

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## COFFEE.

When the choice of raw coffee has been made you have to torrify or roast it; it should not be prepared any other way for domestic purposes otherwise than in a coffee roaster, and on this operation solely depends its quality, for if you roast

it until it becomes black, it loses its best soluble principles. Whatever size your roaster may be, when you commence roasting take care that the cylinder is hermetically closed, and that the wood used to burn does not produce any strong smell; charcoal is not suitable; the cylinder must be kept continually turned, but not too quickly, so as to allow the action of heat to equalize the roasting of all the nibs: pursue this until the surface of the grains become thin, which fast evidences that the entire development of the aromatic oil is perfected by torrifaction.

There is no difficulty in the management of the roaster, and the proper roasting of the coffee can be ascertained at pleasure, as there is affixed to the chamber a sliding door.

The color of roasted coffee should be of a chesnut dark brown, while a rich perfume issues from it; in general it should be roasted of a light brown, as in endeavouring to obtain a darker tint one is apt to burn it. Having now thus far prepared the berries, let them cool, and then grind them very fine, doing only what is required for the moment, and keeping the beans in close canisters.

As regards its preparation into a beverage, coffee should not be boiled, if done so, the tint is certainly deeper, but the aroma is not so pleasant; to obviate the boiling many coffee pots and filters have been invented, and to our thinking the most perfect of the kind is the French coffee filter.

Coffee well prepared is an excellent tonic for the stomach, more particularly when this organ is naturally weak, or cloyed by bad digestion, or weakened by intemperance. As a stimulant plain well made coffee becomes an indispensable necessity, even to those who drink it but moderately: it enlivens the intellect, and agrees with those who study much or take but little exercise, and with all persons of weak digestion.

Coffee also produces good effects on any one suffering from colics, flatulency, headache, hydropisy, &c., while on the other hand it produces nervousness in certain individuals of febrile affection.

Do not roast more coffee than will last one week. If



possible, grind as you want it, remembering that if you can pound it in a mortar it will improve the flavor. Keep your coffee in covered close jars or canisters, not, however, made of tin, as this metal is detrimental to the grains or powder.

Never boil your coffee, neither pour boiling water on it, but merely quite hot, and into which you can place your finger, at about forty degrees of heat. If the coffee you purchase at different shops is of an inferior quality, it is an error to add to it chicory by way of improvement, as this ingredient only produces a black, muddy infusion, which has the effect of destroying the tonic principles of coffee.—Chicory came into use in France in the time of Napoleon I, when coffee was exorbitantly dear, when also sugar was made of beetroot.

As regards the quantity of coffee to be used to make a strong beverage, if pure and of good quality, two ounces to a pint of water will produce it as drank in Paris, and there served in small cups in the luxuriant cafés of that capital, without cream or milk. But if a good cup is required for breakfast, with the addition of cream or milk, put half a pint of either made hot, to the same quantity of simmering coffee. However, for the sake of economy, one ounce of coffee to a pint of water and hot milk, will be an excellent beverage.

OBSERVATION.—The grounds of coffee, after going through the process before enumerated, are good for nothing; and it is an error to suppose that any quantity of drinkable liquid can be obtained from it after that, as the first operation has taken all the aroma it possessed, and a colored water only is left.

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## TEA.

Tea is imported from China, and was first introduced into Europe by the Dutch, some two hundred years ago, since which time the English have used more of this article than

any other nation. As an alimentary beverage, tea is one of the most precious that custom could possibly sanction; in fact, the still quietude it produces, the genial warmth it spreads, its quickening tonic, its diuretic absorbent action and highly stimulant properties cannot be contested.

At the time tea was considered an antidote for cases of indigestion, the green must have been more used than the black; but experience quickly discovered its bad effects. If green teas are prescribed in cases of indigestion, and if their medical effects should be too powerful, then this agent becomes hurtful as an alimentation, and it is necessary then to soften its tone by the addition of black tea, and to counteract its influence by mixing the following excellent mixtures:—

Take thirds of Souchong, Pekoe, Hyson; or, Souchong one third, Chusan one quarter, Pekoe one half.

Pekoe on account of its flavor and aroma, combined with the lightness of its precious infusion, is the most favoured beverage; yet the following mixture may be appreciated, viz., Souchong, Poushong, and Hyson, by thirds.

A French professor of medicine has said:—"Tea drinking is much esteemed and salutary, not without cause, as it only produces good effects. Some people drink ten or twelve cups per day, without feeling any inconvenience. It enlivens the spirits, it calms hysterics, takes away head-ache, prevents drowsiness, hastens digestion, and purifies the blood. Most of its effects arises from its volatile principle; in fine, its oily and balsamic particles carried to different parts of the body, absorbs the sharpness of the salts it meets with in its passage."

Therefore these three articles of consumption possesses qualities of great importance. Chocolate is balsamic, nutritive, and a pectoral alimentation. Coffee, on account of its particular virtue, is an exciting agent to the brain, whilst tea is greatly estimated for its eminently absorbent and diuretic qualities. How grateful then must we be to Providence for these productions of nature!

As a rule, in London, filtered water should always be used to make tea, whilst in the country river water is preferable to spring.

The water ought to be brought to the highest ebullition, otherwise much of the aroma of the tea is damaged.

Always warm beforehand your teapot before making the tea, and let it stand a few minutes, particularly if the teapot is made of china. Now pour the water into your cups to warm them also, draining the pot; when you put in your tea, pour on it a little boiling water, let it draw a few minutes, and then add to it the water you require.

The best teapots are made of Britannia metal, and canisters of tin, fitted with a close lid.

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### INVALIDS' DIETARY.

In our article "How to make broth for soups" will be found every particular respecting this prominent feature in our cookery.

**BLANC MANGER.**—Take two quarts of milk, the white meat of a boiled capon, two ounces of sweet almonds blanched; beat the whole together, and press out what you can; then boil the extract with three ounces of rice flour; when it begins to coagulate, add eight ounces of loaf sugar and half a gill of rose water: mix well, and take when required.

**FRENCH PANADA.**—Break about half a pound of stale bread into a saucepan, let it soak a little while, then set it on the fire, stirring it well so that it becomes quite smooth; when it has boiled a few minutes add about two ounces of fresh butter and a little salt; when well-mixed, take it from the fire, have ready the yolk of one egg well beaten with a little milk, stir it quickly into the panada, and serve in a basin.

**BARLEY WATER.**—The tedious process of making barley

water from the raw material is now exploded, by the appearance of Robinson's patent prepared barley,\* which is made as follows—mix smoothly one tea-spoonful of this, with one table-spoonful of cold spring water to make a paste, gradually adding a quart of boiling water; boil gently for ten minutes, constantly stirring, and when cold strain. The above is a good substitute at the dinner table for toast and water. It may also be flavoured with lemon peel or juice, cinnamon, nutmeg, or sugar.

**LAIT DE POULE**—(For those suffering from a cough).—Beat the yolk of a fresh egg in hot water with a little sugar, and drink the mixture on going to bed: this is a capital thing when the cough becomes troublesome.

**SUPPER FOR INVALIDS**.—Mix a table-spoonful of the patent barley with three of cold water, into a smooth paste, to which add gradually a pint of boiling milk; boil gently, keeping it stirred for ten minutes. Flavor with sugar or salt.

**DELICATE GRUEL**.—Mix one tablespoonful of the patent groats in two of cold water, to make a smooth paste, pour on it a pint of boiling water; boil ten minutes, keeping it stirred, and while hot strain. This will produce a gruel of superior nutritiousness, at one half the cost of the Embden groats.

**CHICKEN BROTH**.—Well cleanse the inside of a young fowl, place it in a stewpan with two quarts of cold water, half a carrot, a turnip, and a little salt; when nearly done add a little cabbage lettuce, a little sorrel, bay leaf, and chervil: fifteen minutes after pass the broth through a tammy, and use as required.

**CALF'S-FEET JELLY**.—Boil two calf's feet in three quarts of water, skim as it boils, and when the meat separates from the bones it is done; pass through a tammy, take off the fat, add eight ounces of lump sugar, the peel of two lemons,

\* Robinson's patent groats and patent barley, 64, Red Lion Street, Holborn.

and a little nutmeg; give a boil to the jelly with these ingredients; then froth up the white of four eggs, in which you squeeze the juice of the peeled lemons, add these in the jelly: mix well up on the fire, and when it boils up pass it through a jelly bag.

**LIEBIG'S ESSENCE OF BEEF.**—Take a pound of beef free of fat, chop it to the substance of sausage meat, mix it with its own weight of cold water with four ounces of vegetables cut up small; heat till boiling, and let boil two minutes; strain the liquor through a cloth, add to it a little burnt sugar or roasted onion to color it, and a little salt, This makes a fine aromatic soup of such strength that its quality can only be equalled even by boiling a solid piece of meat three or four hours. A little white wine added is an improvement.

**ARROW ROOT JELLY.**—Take a table-spoonful of arrow root and mix it smooth with a little cold water; have ready three parts of a pint more of water and half a gill of brandy in a saucepan, to this put a little pounded sugar and grated nutmeg, and when this comes to a boil, add in your paste: let it boil a few minutes longer when it is ready.

**VEAL BROTH FOR CONVALESCENTS.**—Cut in pieces three pounds of the leg or shoulder of veal, put it in a stewpan with about two ounces of kidney fat, one onion cut in slices, and a little celery, with one tea-spoonful of salt; set it on the fire to fry for about fifteen minutes, stirring it until a glaze is apparent at the bottom, then add two quarts of hot water, two blades of mace, and a dozen pepper corns, half a thick round of toast, cover it up close; when it begins to boil up, skim and let it only simmer slowly for three hours, then strain the whole and skim the fat off. To this nourishing broth may be added one table-spoonful of Robinson's patent barley mixed in a little cold water for each quart of broth, boiled up a quarter of an hour after it has been taken up, and it will be found a most delicious soup at all times.

**CHICKEN BROTH.**—Take off the skin and rump of half a



chicken, put it in a stewpan with three pints of cold water, a little leek, celery, and a little parsley, a few pepper corns, and a pinch of salt; set it on the fire; when boiling begin to skim well, then remove it from the fire to simmer only, for an hour: half an ounce of sweet almonds beat up with a little water and boiled in the broth is an improvement, or patent barley added in the usual way makes it more delicate and nutritious.

Besides the patent barley, arrow root, tapioca, vermicelli, semolina, sago, and ground rice can be used in all kinds of broth for invalids.

Vermicelli, semolina, tapioca, arrow root, are done with milk, for infants, children, and invalids, by merely adding these ingredients when the milk is boiling, except the arrow-root, which must be mixed with cold milk and then boiled, stirring it all the time.

As an important substitute for arrowroot, tapioca, and sago, a superior article has been imported from the West Indies called *Tous les Mois*, on account of the plant flowering monthly, and which is strongly recommended by the faculty, as a light and nutritious diet for infants, children, and invalids,\* and does not turn acid on the stomach.

*TOUS LES MOIS*.—Beyond the ordinary way of preparing it, we have tried the flavour of grated lemon peel whilst boiling, and it produced the desired effect.

The next was a glass of sherry, or half a glass of rum to convalescents, which was much approved of, and as a further improvement the zest of an orange boiled with this new farinacious root, together with a glass of port or black currant wine, pounded sugar, and a nut of fresh butter, gives it an ambrosial and mellow taste not easily forgotten.

*GRUEL AND RAISINS*.—With Robinson's Patent Groats, the most delicious gruel is made; besides their own way of preparation, we have made it as follows:—In a pint of water boiling on the fire, stir up one table-spoonful of the groats,

\* To be had of Messrs. Butler and Crispe, Chemists, No. 4, Cheapside, corner of St. Paul's Churchyard, London.



mixed in a half tea cupful of cold water, making a smooth paste. boil the whole ten minutes and add a little salt, white sugar and grated nutmeg, if the patient is in a convalescent state. Two table-spoonsful of raisins put in when the water boils, and just before stirring in the patent groats is a very agreeable and wholesome addition.

**GRUEL WITH MILK.**—A convalescent might take it made with milk instead of water, in that case flavour it with cinnamon, pounded sugar, and one table-spoonful of rum, no butter or salt.

**ARROWROOT JELLY.**—Mix up one spoonful of arrowroot with two of cold water into a basin, pour a pint of water upon it, stir well, and set on the fire three or four minutes, season with grated nutmeg and white sugar. If the patient is relaxed a dessert-spoonful of brandy is beneficial.

**EXTRACT OF CALF'S FEET JELLY.**—To save trouble and expense in preparing jelly stock made from calves' feet, it is only necessary to make use of one of the most recent innovations introduced by Geo. Smith and Co.'s extract of calves' feet, which is without exception the most valuable article of the kind. The *Lancet*, has stated that this extract "saves both time and trouble, and obviates the usual tedious method of preparing the feet, containing all their nutriment without their impurities;" we were glad to give it a trial, and as we have found it possess the above qualities, we can but recommend cooks and housewives to use it in lieu of the jelly stock. Each packet contains the directions for making a quart of jelly.

**ORANGE JELLY (our way.)**—Take one ounce and a half of Smith & Co.'s, extract, boil in one quart of water until reduced to nearly half, then take it off the fire. Have ready in a stewpan one gill of water and the same quantity of white wine, the zest of one orange cut very thin, and the juice of two, the white and shells of two eggs, with a quarter of a pound of lump sugar; beat up until melted, and then add the jelly; set the whole on the fire again until it comes to the

boil ; pass it through a fine hair sieve, but if wanted very bright for the table use a jelly bag, under which place the mould : put it in a cool place or in a current of air to set it.

**THICK MILK PUDDING.**—Take three quarters of a pound of flour, put a quarter of an ounce of Borwick's egg powder with it, mix dry with a little salt ; then add milk to the flour, stirring with a wooden spoon until the whole is made thick enough to pour out into a basin with a rim ; cover it with a cloth tied tight, then put the pudding into boiling water three quarters of an hour. When done take it out, untie the cloth, shake the basin to detach the pudding, turn it upside down, and pour over a sweet sauce with a little white wine, or eat it with pounded sugar.

**CUSTARD PUDDING.**—Boil one quart of milk with cinnamon, when cold mix one ounce of Borwick's egg powder with two large tablespoonsful of flour in a basin, add the milk to it, mix well with three ounces of sugar, very little salt, grated nutmeg and lemon peel, butter a basin, pour the custard in and tie a flour cloth over, put it in boiling water over the fire for half an hour. The same kind of custard can be put in a tin with a raised border of paste all round, into which pour the pudding and bake.

**ECONOMIC CUSTARD.**—Boil one quart of milk with a little grated nutmeg and one laurel leaf, sweeten it with four ounces of sugar ; have ready half a tea-cupful of rice flour mixed with half an ounce of Borwick's egg powder, pour upon it cold milk, then put to it half of the boiling milk ; stir round and pour this with the remainder of the boiling milk ; stir again one way till it begins to boil and thicken : you pour it into a deep dish and serve when cold.

**RUSSIAN ISINGLASS LEMON JELLY.**—(\*)Boil in a quart of water one ounce of Smith & Co., isinglass, let it reduce to half. Prepare in a saucepan half a pint of white wine, a

\* This isinglass, and the Extract of Calf's Feet Jelly, is the finest manufactured, and is only imported by Messrs George Smith and Co. It may be had of all Chemists, Grocers, and Oilmen, &c.

quarter of a pound of white sugar rub it over the rinds of two lemons of which you squeeze the juice ; add the white and shells of three eggs beat up with a whisk until the sugar is melted, add the jelly ; set it on the fire, stirring with the whisk until it boils, then pass it through the jelly bag, and transfer it to the moulds or glasses.

**RUSSIAN ISINGLASS BLANC MANGE.**—Boil one ounce of Smith & Co.'s isinglass in one quart of milk with four ounces of lump sugar, half a teaspoonful of cinnamon, the peel of half a lemon, and half a leaf of laurel : set it on the fire, stir it up until the isinglass is dissolved, pass it through a fine hair sieve, and transfer into moulds.

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## BEVERAGES.

**FRUIT BEVERAGES.**—Take half a pound of either currants, raspberries, or common strawberries, rub them through a sieve, have some syrup ready, or put four ounces of sugar with half a pint of water into a saucepan, boil it until it comes to the thickness of syrup, mix the juice and syrup together into three pints of spring water, pass it through a flannel bag, and drink when quite cold.

**BLANC MANGER FOR A MORNING DRINK.**—Take a basin of good broth ; reduce by boiling to one half on a moderate fire ; add to what remains, the milk of four ounces of sweet almonds with a dessert-spoonful of rose water ; let simmer on a moderate fire until it comes to a nice consistency ; pass it through a sieve, add four ounces of sugar ; a little cinnamon may be put in together with orange flower water, lemon or orange peel : boil all again three minutes, and use when wanted.

**LEMONADE.**—Take two ripe lemons, rub well on the rind four ounces of sugar in small lumps, to extract the essential oil, which you throw into the jug containing a quart of cold spring water, then add the juice of one or two oranges.

ORANGEADE.—Take two ripe oranges, the same operation as above, with the only difference that you add the juice of one or two lemons. These are the most pleasant and useful drinks in most cases.

THE MONTHLY OR TOUS-LES-MOIS SOFTENING LEMONADE.—Cut small two or three new dates, put these in a quart of water to boil fifteen or twenty minutes; in the meantime peel two lemons rather thick, with a few slices of the same, put these with the dates to boil again two or three minutes; whilst this is boiling have ready a tea-spoonful of Butler and Crispe's Tous-les-Mois, first mixed with a little cold water which you pour into the boiling lemonade. Use it warm or cold.

THE MONTHLY OR TOUS-LES-MOIS ORANGEADE —This is done the same, except that oranges are to be used, and figs dried instead of dates. If wanted sweeter a little honey is an improvement.

FRENCH PLUMS STEWED.—The best are from Tours, called black and violet *damas*, inferior sorts may be had, but these require soaking and washing. Put in a stewpan half a pound of plums with four ounces of brown sugar, and half a pint of water; stew fifteen or twenty minutes with the zest of half a lemon, and a little cinnamon. The fruit may be eat separately, and the syrup mixed cold with water for a refreshing drink.

For dessert, or any other collation, claret substituted for water makes it a very wholesome dish.

PYRETIC SALT FOR A COOLING DRAUGHT.—The many refreshing and cooling drinks hitherto recommended to invalids by writers on culinary matters, generally possess the innocent effect of pacifying thirst momentarily, without producing permanent relief, more particularly when the patient is in a feverish state. Ill health is generally attributable to impure blood, and thence follows the many concomitant diseases that flesh is heir to. We must stop here. Our province is only to assist invalids in providing the means whereby their state may be alleviated, and their systems

purified. We therefore bring to the notice of our readers one of the most salutary preparations, which is known by the name of "Lamplough's Effervescing Pyretic Saline, or Vital Electric Salts." To our knowledge its effects on the system are invaluable as a remedy for excessive thirst, possessing the piquancy and freshness of soda water, at a much less cost.

**DRAUGHT.**—Half a teaspoonful taken in a tumbler of water, which will contribute more to the refreshment of the body than any other known beverage. It should be repeated according to the urgency either of thirst or feverishness to the same extent every two or three hours.

To use the language of one of our Metropolitan Hospital Surgeons, Thomas Carr Jackson, F.R.C.S., "It is an admirable febrifuge, beautifully prepared, and can be used at a moment's notice, and is therefore particularly adapted for use in public service." We also say still better adapted to the private family or the invalid, who possess the means of procuring promptly this great desiderata, a perfect, certain, and an innocent febrifuge.

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## BREAD MAKING.

Spring-water, rain-water after a storm, or river-water, are the best for the making of bread. Cold or lukewarm water is the best to obtain a better and whiter bread, and render the glutinous matter more firm and elastic.

As regards salt in making bread, to give it a flavor, the quantity ought not to be more than two ounces for every fifteen pounds of flour. Many bakers put one ounce of salt only, but add one ounce of alum—this is to give it the same appearance of whiteness as if made with the best flour.

It is calculated that the average consumption is about one pound and-a-half of bread for each person per day, in that case the quantity of alum lodging in the stomach would be



more than four drachms per day; therefore nothing can be more dangerous to the body than the evil resulting from such practice; in fact, however small the quantity may be, it aggravates, considerably, the dyspepsy or digestion, and gives rise to affections most dangerous to the system.

**LEAVEN.**—In order to make good bread good leaven ought to be mixed with flour; this leaven is produced from sour dough.

We shall not speak of the yeast made expressly for bakers, which is a distinct branch of trade, and can be had of the yeast brewers, but proceed in the way a housewife should manufacture yeast.

Boil for half an hour, in two gallons of soft water, one pound of flour with a quarter of a pound of brown sugar; when nearly cold bottle it, and it will be ready at the end of twenty-four hours. One pound and a half of this leaven is enough for twenty-five pounds of flour.

**PREPARING THE SPONGE.**—Mix two pints and a half of yeast, either home made or brewer's yeast, with as much hot water as will bring the whole to a blood heat, add three ounces and a half of salt to dissolve in it, and then throw the whole into a wooden trough. The quantity of flour to be used for the above is twenty-five pounds; you then mix one third of that quantity (say eight pounds) with the liquor, in the trough, work up the mixture with the hands until it is perfectly uniform throughout and free from lumps, the surface being flat and level; sprinkle a little flour over it, and cover up the whole closely. If artificial yeast has been used, leave it in that state for twelve hours, but only six if brewer's yeast has been employed. The fermentation having taken place, the bulk is greatly increased, owing to the involution of air bubbles. The sponge is then diffused through with the quantity of water specified lukewarm, with three ounces and a half of salt. The rest of the flour is then added, and the whole is to be well worked up into a uniform paste, this is called dough; when made cover it up, and



leave it for an hour and a half. It again swells, and when sufficiently spongy it is called proof, and is fit for weighing into loaves, ready for the oven.

**BORWICK'S GERMAN BAKING POWDER.**—We have made bread and various dainties with this powder according to the receipts, which we have found to be of the greatest assistance in producing lightness, and much resembling the wholesome unfermented bread.

**HOW TO MAKE WHITE UNFERMENTED BREAD.**—Take of flour, dressed or household, 3lb., bi-carbonate of soda in powder, 9 drachms or  $1\frac{1}{4}$  ounces with the turn of the scale, hydrochloric (muriatic) acid  $11\frac{1}{4}$  fluid drams (ascertained by a 2 oz, graduated glass measure), water about 25 fluid ounces (ditto by a pint ditto). To save the trouble of procuring these hard-named chemical ingredients, and produce the same effect with less labour, the baking powder above mentioned is well worthy the attention of our readers, not only on account of its cheapness, but of its convenience, and wholesome result, and therefore it may safely be used instead of the muriatic acid and soda as follows :

For the same quantity of flour, namely 3lbs., add three tea-spoonsful of the baking powder heaped up, and mixed dry with the flour, dilute about six drachms of salt in the quantity of water above-named and proceed by mixing quickly into a dough.

**FAMILY BREAD MADE OF RICE AND WHEATEN FLOUR.**—Boil gently one pound of rice, after it has been washed in cold water two or three times, and rubbed between your hands, when quite soft smash it well whilst it is warm, have ready 4lbs. of flour into which you have mixed six tea-spoonsful, heaped up, of the Borwick's German Baking Powder, and a little salt, then add this flour to the rice, work it and knead it thoroughly to the consistency of dough, add a little more lukewarm water if required, put this dough before the fire to rise, afterwards form into loaves and bake in a quicker oven.

## FISH, FLESH, AND FOWL.

Whitings, soles, flounders, and slips plain boiled, grilled, or fried, are very nice with fresh butter just melted, a little salt, and a very few drops of lemon juice.

**MUTTON AND LAMB CHOPS.**—Trim the greater part of the fat off, also cutting the meat from the end, leaving the bone bare about one inch, the appearance will be agreeable; beat it lightly with the chopper, broil, and afterwards season with a little salt: serve on a hot plate.

**STEAK FROM THE SIRLOIN OF BEEF.**—This is cut, not too thick, from the under part of the sirloin, the most tender and juicy; broil it ten minutes over a moderate fire, turn it three or four times, sprinkle a little salt over: when done, serve on a hot plate with a little parsley chopped fine, and a nut of fresh butter, if not objected to.

**BOILED CHICKEN.**—Put about a quart of water in a saucepan with a little salt and a pat of butter; when boiling put the chicken in to simmer about twenty-five minutes, at the same time cut in dice about three ounces of various vegetables, when done take the chicken out, pass the broth through a sieve, which you may set on the fire again to boil, and then add a handful of vermicelli or Italian paste, for five minutes; you have then a nice basin of broth and vegetables to eat with the boiled chicken.

Partridges and pigeons may be done the same as the chicken, and will be equally palatable.

Larks skewered together, and broiled over a sharp fire a few minutes, make a very light food.

**EGGS.**—To make tea more strengthening to the stomach break one in a cup, beat it a little, add sugar and milk, and fill your cup with tea.

**MILK PORRIDGE** made with Robinson's Patent Grotts in the usual way, mixed with warm or cold milk, either with salt or sugar, is a first-rate preparation.

**DANDELION COFFEE.**—The medicinal properties of the dandelion as a vegetable, is so well known in France, that in the spring, in particular, it is in great request, and is dressed and eaten as a salad; but in England it is neglected. However, chemistry has discovered that it is too precious not to be brought into use in the shape of a beverage, which has been successfully prepared by Messrs. Butler and Crispe, Chemists, No. 4, Cheapside, London. Its extraordinary properties having been tested by the medical faculty, the most celebrated physicians have recommended this dietetic article in a great number of cases, amongst which we noticed, indigestion, costiveness, bile, depression of spirits, loss of appetite, &c., &c. It is consequently advised to be taken as a wholesome and agreeable beverage for daily use, in lieu of tea and coffee. We have for a considerable time recommended the use of dandelion coffee as a medicinal agent, which is best if taken mixed at first with half coffee, and ultimately without, when it may be drank with as much pleasure as one takes tea or coffee.

#### THOMPSON'S RAPHIA INDICA.

In our inquiries respecting the various farinaceous foods introduced to the notice of the public, our attention has been drawn to the above, and, by all accounts, it is extensively used by the inhabitants of India as a staple article of food, and with it, it is said, an excellent bread is made; whether it is so or not, it has the same affinity as arrow root, tapioca, and sago, possessing, we believe, a greater quantity of starch, and, consequently, more wholesome nutritive qualities.

We have tried its usefulness in making *blanc mange* and puddings, according to the direction given to us, which succeeded admirably well, and produced an extra delicacy of taste. Its peculiar nature suggested to us the idea that it could not only be converted into a strengthening and agreeable article of diet for invalids, young persons, or convalescents, but also as a very excellent substitute for butter, when objected to, in the manipulation of sauces for fish, flesh, or fowl, when white sauce is required.

We have made with the *Raphia Indica* sauces for fish simply as follows:—

**RAPHIA INDICA FISH SAUCE:**—Mix a dessert-spoonful with a little cold milk to the consistency of cream, then add full half a pint of boiling milk, stirring it all the while, a pinch of white pepper, a little salt, and some lemon juice ; set on the fire to boil two or three minutes, take it off, beat up the yolk of an egg with a little milk, pour it to the sauce, stir it up well and serve in a sauce boat.

**ESSENCE ANCHOVY, HARVEY AND CATSUP SAUCES.**—When the first mixture of *Raphia Indica* is made, add a little of each sauces to your taste, give it a boil, and it will make three different sauce very excellent for fish.

**OYSTER SAUCE** for Cod fish, or any other fish boiled (See index for Oyster Sauce).

For white sauce to boiled fowl or a fillet of veal, seasoned with chopped parsley, salt, pepper, and lemon-juice, or vinegar will be excellent ; no person could discover whether the sauce is made of butter and flour or not.

Caper sauce, is again a delicious sauce, if made with the *Raphia Indica*, to eat with a boiled leg of mutton.

Cauliflower and Jerusalem artichoke, and other vegetables are very good dressed over with a white sauce of the same.

White soups obtain an additional delicacy by thickening them with this food.

**MUSHROOM SAUCE.**—Make use of the button mushroom, wash them, put in a stewpan with a little cream, salt, pepper, the juice of lemon, set it on the fire, toss them up for five or six minutes, then add the mixture of *Raphia Indica* and milk as directed before, when boiling hot pour it on the mushroom, stir it up and serve under any white meat.

The *Raphia Indica* may be obtained of any chemist.

## MESSRS. CALLARD & BOWSER'S FOOD FOR INFANTS.

Weak or delicate constitutions in infants do not always arise from the confined air or atmosphere they may breathe in large towns ; although true it is that country air has a most beneficial effect on the child as well as the man ; still as it is not always convenient to rear them in those places, where they would acquire a healthy and robust appearance through climate and diet, we must have recourse to auxiliaries of a nature likely to give them the requisite stamina. Paps as made in this country have their merits, but that made by the French housewife is more palatable, and therefore preferable, and as it may take the fancy of some mothers we will give the recipe.

**FRENCH PAP.**—Take a table-spoonful of flour and mix it with half a pint of milk to the consistency of cream, set the saucepan on the fire to boil ten minutes, stirring continually; sweeten to taste, add a sprinkle of salt, and if too thick put a little more milk and a nut of butter if liked.

As an improvement on this old fashioned way of feeding infants we may mention that greater benefit will certainly be derived by using the "Infant's Food," introduced by Messrs. Callard and Bowser, of St. John's Wood, where it may be purchased, or at any chemist's or cornchandler's. Amongst its excellences this farinaceous food preserves a gummy consistency most desirable for the weak stomach of an infant, independent of its nutritive and digestive qualities, which alone should guarantee its constant use by mothers and nurses. It may be added that the highest testimonials of its efficacy have been given by the medical faculty, a proof positive of its invaluable properties, and a justification of its universal adoption. We would, however, recommend with this article a change at intervals, such as the English or French paps, porridge, bread and milk, &c., but four times out of six the Infant's Food; and children who have ceased taking it with sugar and milk, may take it mixed with beef tea, and used most advantageously in this fashion.

We have made various experiments with the above food, and have only to add that, although milk is a good article to mix it up with, still, as this does not always suit the condition of children, water may be used at the outset, and as the child benefits by its use, then add milk, using this wholly with it afterwards.

**INFANTS' FOOD POTAGE.**—For grown up children, an excellent soup can be prepared as follows: take one tablespoonful of the food mixed with a little cold water, pour upon it nearly a pint of boiling water, set on the fire, add as much as a walnut of butter; salt and a little white pepper, boil it five minutes, take it off the fire, have ready one egg well beaten with a little milk, which pour in the food, then stir it well, and pour it on bread lightly toasted, or let it soak and serve.

**INFANTS' FOOD AROMATISED POTAGE.**—Mix the food, and boil it as above, sweeten to your taste, add grated nutmeg and half the zest of a lemon rubbed with a few pieces of lump sugar.

**INFANTS' FOOD CAUDLE.**—Boil a quart of spring water, have ready two tablespoonsful of the food, smooth with a little water, pour this in the boiling water, add a stick of cinnamon, lemon peel, and sugar with a quartern of rum or brandy, boil again three minutes, and pass it through a sieve.

The simple directions given by the manufacturers can hardly be improved on by extra manipulation to increase its virtue or taste.



## KITCHEN UTENSILS.

In the course of our experience we have often wondered how certain cooks managed to send to table a dinner really creditable to themselves, considering that the culinary apparatus and articles at their disposal have been so limited; but clever workmen are to be found in all trades, who by their skill alone are enabled to turn out good work with indifferent tools, while, on the contrary, the best implements in the hands of an unskilled person will not enable him to complete his work with satisfaction to his employers: so it is with some cooks, who, although they may have every kitchen requisite at their elbow, still are fated, from want of natural cleverness, to produce a bad dinner. We therefore present our readers with a compact list of all culinary articles indispensable to the kitchen, which will tend to the comfort of the housewife and the cook. With this view three distinct lists of kitchen utensils have been framed, which we have obtained of Mr. Brooke, furnishing ironmonger, and manufacturer of moulds and tools for pastry cooks, biscuit bakers, and confectioners' machines, of No. 117, High Holborn, W.C. whose extensive dealings in such wares, and practical knowledge of the requirements of the kitchen, enables us to give the exact items (with prices) of what is most wanted in a first, second, and third class kitchen.

## FIRST CLASS

The arrangements of the kitchen should be as follows, viz:—A deal table fitted with drawers at one end, and at the other two sliding boards fitted close to the top, and about an inch and a half in thickness, with handle affixed: this will be found most useful at the moment of dishing up, and when your table is covered with a cloth, they can serve as a rest for the saucepans, which should repose on a moveable wooden trivet. Such a table would cost about . . . . . £2 10 0

THE SEASONING BOX should be fixed on a stand, with an upright in the centre, on which a tin box, made round, and having six or eight compartments, should rest; its dimensions should be no more than eight inches, the centre about four inches in height, and with a hole in it to receive the stick round which it works; in the different



compartments place salt, pepper, sugar, chopped parsley, onions, spring onions, bread crumbs, and allspice, or cloves. Its cost would be about ... .. 6s.

	£	s.	d.		£	s.	d.
A paste board				Rolling pins (two)	0	1	3
A paste knife . . .	0	1	9	Soap box . . .	0	0	10
Paste roller . . .	0	1	3	String box . . .	0	1	6
Coffee mill . . .	0	3	6	Larding needles (3)	0	4	0
Coffee canister (two)	0	2	6	Whisk . . .	0	1	0
Coffee filter . . .	0	3	6	Candle box . . .	0	1	8
Chocolate pot . . .	0	3	6	Churn			
Coffee roaster . . .	0	2	6	Skimmers			
Cook's knives (three)	0	8	6	Basins enamelled (4)			
Mincing machine . .	1	10	0	Wash basin enamelled			
Pestle and mortar . .	0	6	0	(two) . . .	0	5	6
Weights and scales . .	0	14	6	Pails (two) . . .	0	5	0
Measures complete,				Pie mould raised . .	0	4	0
from one half-pint				Pudding moulds (3)	0	8	0
to a quart . . .	0	3	3	Vegetable mould . .	0	4	6
Funnels (three) . . .	0	1	3	York tins . . .	0	3	3
Wooden spoons (six) .	0	1	3	Soyer's vegetable			
Tartlet tins (six) . .	0	3	0	drainer . . .	0	4	3
Cake tins (three large				Soyer's baking dish .	0	4	3
sizes) . . .	0	4	9	Beef fork . . .	0	1	3
Tea canisters (two) . .	0	3	0	Bread oven . . .			
Patty pans (2 dozen) .	0	2	6	Cinder shovel . . .	0	1	6
Salamander . . .	0	5	6	Preserving pan . . .	0	8	0
Block tin saucepans				Potato strainer . . .	0	5	0
(two) . . .	0	4	6	Pepper mill . . .	0	4	0
Enamelled stewpans				Steak tongue . . .	0	2	3
(three) . . .	0	11	6	Skewers iron . . .	0	1	9
Omelette pan . . .	0	0	9	Iron spoons (six) . .	0	2	0
Toasting fork . . .	0	0	9	Trivet (three) . . .			
Enamelled baking				Meat covers (three)	0	12	0
dishes (three) . . .	0	4	7	Vegetable cookers (3)			
Gridirons (two) . . .	0	3	6	Oval stewpan to			
Fryingpans (two) . .	0	3	6	strainer . . .	0	6	6
Coal scoop . . .	0	2	6	Tea tray . . .	0	3	6
Sieves (two) . . .	0	1	9	Crockery			
Jelly bag . . .	0	2	6	Tin slice for fish . .	0	1	3
Lemon nipper . . .	0	1	6	Small saw and cleaver	0	6	0
Plate rack . . .	0	12	0	Chopping knife			
Salt box . . .	0	2	6	upright . . .	0	2	6
Basting ladles (two)	0	3	0	Bread grater . . .	0	1	0
Cheese toaster . . .	0	1	0	Bread rasp . . .	0	1	9

	£	s.	d.		£	s.	d.
Cullender, tin, for				Tin shapes for blanc			
vegetables . . .	0	1	3	mange, jellies, and			
Flour dredger . . .	0	1	0	light puddings . .			
Gravy strainer . . .	0	2	1	Iron S hooks for hang-			
Salad strainers . . .				ing meat			
Nutmeg grater . . .	0	0	9	Copper (large size) or			
Paste cutter (box of) .	0	2	6	a moveable one of			
Pepper box . . .	0	0	6	sheet iron, with			
Pudding moulds (3) .	0	7	0	boiler and fire grate			
Pickle tub . . .				under, drawing a			
Butter prints (two) .	0	1	6	flue at back to be			
Stool . . .				inserted in chimney			
Flour tub . . .	0	2	6	Fish kettle with			
Meat safe wire . . .				drainer . . . . .	0	7	6
Milk strainer . . .							

In the event of the usual kitchen range being preferred, a few more articles will be required, such as block tin saucepans and stew-pan, a teakettle, bottle jack, dripping pan and stand, a screen, two spits, and a cradle spit.

## SECOND CLASS KITCHEN.

The utensils for this kitchen are more simple, and from our list a few of the articles enumerated may for the sake of economy be struck off. We will imagine a person to be in the receipt of from £150 to £200 per annum, and wishes his little cuisine to be perfect. Such a person would find the following list of utensils sufficient for his kitchen.

A tin screen of a semi-				Dripping pan & stand	0	6	6
circular form, on the				Ladle for roasting .	0	1	3
inside a bottle jack				Paste board . . .	0	2	6
hooked . . . . .	0	14	0	Rolling pin . . .	0	0	8
Bottle jack . . . .	0	7	0	Coffee filter . . .	0	3	0
American oven . . .	0	4	6	Pestle and mortar .	0	6	0
Coffee mill . . . .	0	3	0	Measures (three) .	0	3	0
Mincing knife . . .	0	1	9	Wooden spoons (two)	0	0	9
Steelyard (for weigh-				Cake tins (two) . .	0	2	0
ing				Omelette pan . . .	0	0	9
Funnels (two) . . .	0	0	8	Enamelled baking			
Tartlet tins (twelve).	0	0	9	dishes (two) . . .	0	4	3
Block tin saucepan .	0	2	0	Fryingpans (two) .	0	3	6
Toasting fork . . .	0	0	9	Hair Sieve . . . .	0	0	8
Gridiron . . . . .	0	1	6	Cullender (tin) . .	0	1	3
Coal scuttle . . . .	0	2	0	Pepper Box . . . .	0	0	6

	£	s.	d.		£	s.	d.
Salt box . . . .	0	2	0	Potato strainer . .	0	5	0
Flour dredges . .	0	0	8	Oval stewpan and			
Pudding mould. .	0	3	0	strainers . . . .	0	6	6
Iron spoons (three)	0	1	0	Iron saucepans (three)	0	7	2
Fish slice . . . .	0	1	3				

## THE ARTISAN'S KITCHEN.

Black stewpans (two).				Pepper box . . . .	0	0	4
Cullender . . . .	0	1	0	Gridiron . . . . .	0	1	3
A baking pan . . .	0	1	2	Fryingpan . . . . .	0	1	3
Ladle and wood spoon	0	1	6	Tin tart dishes (two)	0	1	0
A tin saucepan . . .	0	1	6	Earthen pan or bowl	0	1	3
Chopper . . . . .	0	1	6	Salt box . . . . .	0	2	0
Basins (three) . . .	0	1	6				

## KITCHEN RANGES AND STOVES.

THE NEW AMERICAN STOVES sold at 155, Cheapside, under various names, possess many advantages : in the first place it is computed that there is a saving of 40 per cent. in fuel ; they can be placed in any convenient spot, and as there are three sizes a choice can be made as to price and space ; another is, a perfect cure for smoky chimnies, requires no setting in brick-work, therefore they are portable and very durable stoves ; each has a large oven, an open fire, and a certain complement of cooking utensils with a detached boiler.

The compactness of this stove, and the convenience of its construction, renders it most important to every householder, for its economy, cleanliness, and saving of labour, in fact, in a general point of view, it cannot be too highly praised.

THE DOUGLAS IMPROVED COOKING RANGE is the next stove to which our attention has been drawn. To those seeking for a cooking range on an improved principle, a better one cannot be found.

One of the first considerations in domestic economy is the saving of fuel, which this range effects to the extent of nearly 50 per cent., with sufficient heat to roast or bake large joints ; bread, pastry, game, and poultry, can be baked also in a superior manner, and all other culinary preparations easily with cleanliness and comfort ; the supply of hot water is ample and can be made available for other purposes, in proportion to the different sizes made. The contrivance is simple, neat, durable, and perfectly smokeless ; the price being reasonable the Douglas Cooking Stove must become a favorite among kitchen ranges, it may be seen at 255, Blackfriar's Road.

While on this subject we must strongly impress on our readers the necessity of keeping their stoves clean and brilliant; and for this reason we must speak a word in reference to the excellency of Oakey's Jet Black Lead for polishing the ironwork; and also Oakey's Emery Paper for burnishing the steel of a grate. No housewife should be without either.

**TOZER'S PATENT BACHELOR'S KITCHEN.**—When looking into the minutia of this most useful article of domestic economy, in so small a compass, we found such a variety of ingenious means of cooking, that not only the bachelor can prepare his own dinner with comfort, and very little expense for fuel, but the working man's family may do the same at a still less cost, because when once in full action what is burnt for one person answers the same purpose for the many; besides, its general convenience is so palpable that every one, no matter in what position in life, can claim it as a suitable extra kitchen apparatus fit for spinsters, housewives, the nursery, invalids, anglers, and sportsmen. No emigrants, officers on foreign stations, or travellers whose comfort depends more on what they can provide and cook themselves, than relying on the chances of finding their wants supplied by others, ought to be without it.

**TOZER'S PATENT COOKING STOVE.**—Where gas can be used for the purpose of cookery with economy this stove bids fair to be adopted generally. To an hotel and coffee-house keeper it is invaluable, as 200 chops or steaks may be broiled, independent of toast and various other culinary preparations, for the modest cost of 6d. if twelve hours in operation. To the tradesman's housewife it is really the *ne plus ultra*, as she can boil, stew, and fry, heat the flat irons if wanted, in the most cleanly and convenient manner possible, without any trouble or over-heating the room.

Small families, artizans, milliners, tailors, and dressmakers, all will find it equally useful in saving time, trouble, and the great expense of fuel by the ordinary method. We are greatly gratified to be able to recommend it to the attention of our readers.

**BENTLEY'S PORTABLE STOVE** is another of those culinary apparatus entering into our views for the economy of the housewife, who can, at the cost of one farthing's worth of wood, boil the kettle, broil, fry, and toast, in a superior style; no one need be without it if they wish to avoid the trouble and expense of lighting a large fire, particularly in summer, when you can quickly and cheaply cook a meal for a trifle. We need not dwell on its ultimate economy, the saving in fuel will soon repay the first outlay, which is from ten to twelve shillings.

**BENTLEY'S REGISTERED POTATO STEAMER** is also one of the most advantageous implements invented for the comfort of the potato-

loving eater. The difficulty of properly cooking them has occupied the gastronomic world ever since their introduction into England. In our opinion the potato steamer has the merit of putting aside all uncertainty in the cooking of that important vegetable. A dry, hot, and mealy potato is certainly a luxury, appreciated by all, but obtained by very few; this is now within the reach of every one, and can be had at the depot 493, New Oxford Street.

### NYE'S PATENT MINCING MACHINE.

Messrs. Nye and Co.'s Mincing Machine, which we noticed at the Paris exhibition of 1855, has always been a favorite article with us, and considered as an indispensable invention amongst the culinary utensils of a kitchen claiming any title to the possession of what is really useful in it. This machine is perfect, and, in a practical point of view, its utility for making sausage-meat, force-meat, suet, and even vegetable for julienne or spring soups is invaluable; whilst the small sized mincer possesses for the table every requisite to assist those who through age or infirmity have lost the proper means of mastication, no other remedy can be applied to cure this difficulty.

Their coffee and pepper mills, of a later invention, bid fair to supersede all others.

### A FEW HINTS ON KNIFE CLEANING.

The seemingly simple operation of cleaning the knife, like the proper cooking of a potato, is thought an easy acquisition by many; still, we must differ with those who, because they get a bright surface on a knife, are led to believe that their task is ended. To clean a knife well the handle should be grasped evenly but firmly in the hand, the arm being lightly propelled along the board, backwards and forwards; great care must be taken that an equalized pressure is kept up, and that the knife is not allowed to slip about in the hand. When sufficiently bright you must give each side of the edge a slow down-stroke on the side of the board, as this movement sets the blade. The ordinary wooden boards, like the many other complicated knife cleaners, we do not approve of, as the first wears out the steel, and the last are always getting out of gear; for this reason we cannot but recommend Oakey's India Rubber Knife Board, which having on the upper side a coating of India rubber, presents to the knife a soft surface, and thereby prevents undue friction; the Wellington knife-polish used with the board is an indispensable adjunct.



## THE HOUSEHOLD MANAGER.

Desirous of giving as many recipes on cooking as it was possible for a work intended to suit the means of the million, we could only introduce but few hints for the general information of our readers. Our purpose is shortly to produce a *Housekeeper's Manual*, a subject well deserving to be treated more elaborately than it has hitherto been and which we intend as a companion to the "*Household Manager*," by our esteemed friend Mr. Charles Pierce, maitre d'hotel at the Russian embassy. Let not the high-sounding name of this work leave the impression that it is a work only fitted to be consulted by the class of individuals serving noble and aristocratic families; its practical treatise upon the various duties in large or small establishments render it of immense service to those who have the ambition of becoming men of importance in a family of distinction; and as it rarely happens that such can be the case unless such persons have passed through the various degrees of the service, none will find any work more instructive to enable them to become efficient. Hence arose the idea of the *Housekeeper's Manual*, to be for women servants what Mr. C. Pierce's work is for the men. On the subject of servants and their social position, we extract the following sensible observations:—

"Their position is of an enviable nature, if compared to that of soldiers or of sailors, both of whom are compelled to endure every species of hardship, and to expose their lives for the smallest remuneration. The position of the servant appears still more advantageous if compared to that of rustic labourers, or to that of many thousands who miserably curtail their space of life in the deadly atmosphere of manufactories. But in order that servants may become serviceable and efficient, and, still more, that they may be contented, they must be treated as intellectual beings, within the possible sphere of acquiring the knowledge of principles, and of applying the rational theory to their duties,—so that, consequently, by daily increasing their proficiency, they may reasonably look forward to advancement as the sure reward of their services. There is, therefore, no reason why young people, as well as those of a maturer age who are alive to their well-being, should not be trained for domestic service as well as a trade or pursuit. On the contrary, there is the most urgent necessity that they should be so trained, since on this depends not only much of their own happiness, but also the comforts of their employers." The work is full of useful information, conveyed in the most agreeable manner; and if we are not much mistaken, it will become a recognized authority on the many really important subjects of which it treats.



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ERRATA.—At pages 57, 58, 61, 63, 64, 66, 68, 69, 70, 72, and 73, instead of reading “see page,” read “see index to recipes.”

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# THE PATENT AMERICAN KITCHENER



**Is not surpassed for Economy, Convenience, Elegance, or Compactness, by the most expensive Kitchen Range.**

It saves more than half the Fuel usually consumed—is a perfect cure for a smoky chimney—is fully equipped with cooking utensils—is elegant and compact in design—portable and complete in itself—requires no setting in brickwork—is as cheerful in appearance as the ordinary open fire Range—occupies a very small space—has a large ventilated Oven always at a regular heat—is clean and convenient in use—forms an excellent ironing Stove—is more durable than any other Range, and at


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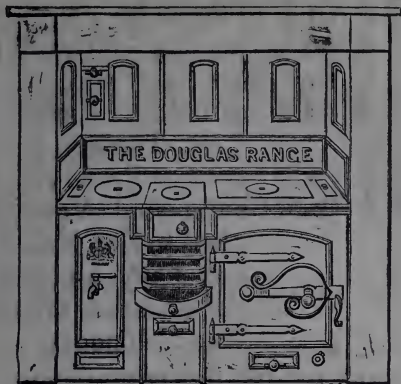
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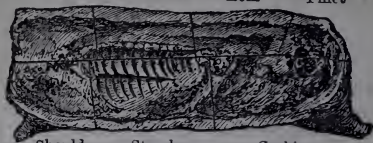
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Sir,

Dated April 18th, 1849.

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Sir,

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